Community Builders Activities

Template created by KCPHD

Instructions: Please provide a brief summary of progress made for each activity below for the CURRENT REPORTING QUARTER. This summary should include key points, stay on topic, and be simple enough for those who arent familiar with your project to understand.

	Q1 2026	Q2 2026	Q3 2026	Q4 2026
Elect youth board of directors	We have an alumni, Shasta Marion running the youth board. She is meeting monthly with them.	The Youth Board has experienced challenges finding a meeting time that accommodates all members' schedules. To ensure youth continue to have meaningful opportunities to share their ideas and provide input, we have temporarily shifted our focus back to conducting listening sessions during regular Teen Center programming. These sessions have allowed us to gather valuable feedback from a broader group of participants, helping guide program planning and ensuring youth voices remain at the center of our decision-making.	Establishing and maintaining an active Youth Board of Directors continues to be a challenge, primarily due to scheduling conflicts and competing commitments among our youth. However, we have adapted our approach by holding regular listening sessions at The Shop Teen Center, which have proven to be an effective way to encourage youth participation and leadership. These sessions provide a comfortable, informal environment where youth can share their ideas, concerns, and feedback about programs and activities. We are finding that youth are more willing to engage in this setting, allowing us to gather valuable input and ensure their voices are heard. While we continue to work toward developing a more structured Youth Board, these listening sessions are successfully accomplishing our primary goal of empowering youth to have a voice in the programs and services designed for them.	
Schedule youth board meetings	Youth Board meetings are once per month.	Listening sessions are held twice each month during regular Teen Center programming. These sessions provide youth with consistent opportunities to share feedback, identify emerging needs, and offer ideas for programs and activities. The information gathered is used to help guide program planning and ensure services continue to reflect the interests and needs of participating youth.	Scheduling formal Youth Board meetings continues to be challenging due to varying school schedules, extracurricular activities, and other commitments. To address these barriers, we have shifted our focus toward incorporating regular listening sessions into our existing Teen Center programming. This approach allows us to engage youth when they are already present and available, rather than requiring additional commitments outside their busy schedules. The listening sessions have been well received and are proving to be an effective way to encourage consistent participation, gather feedback, and promote youth leadership. We will continue exploring opportunities for more structured meetings while prioritizing an approach that is accessible and responsive to the needs of our youth.	

	Q1 2026	Q2 2026	Q3 2026	Q4 2026
Develop monthly prevention activities schedule	Prevention activities are schedule for each month and our summer programming will begin in June.	Community Builders has continued to develop and offer a monthly prevention event designed to engage youth in positive, substance-free activities while promoting protective factors, healthy relationships, and resilience. These events provide opportunities for youth to build social connections, develop life skills, and strengthen their sense of belonging in a safe and supportive environment. Attendance and participant feedback continue to guide the planning of future prevention activities to ensure they remain relevant and engaging for local youth.	Community Builders continues to provide monthly prevention-focused activities that promote positive peer relationships, healthy decision-making, community involvement, and substance-free opportunities for youth throughout Upper Kittitas County. During this reporting period, we offered a variety of engaging activities, including: July: Pioneer Days and Painting Party August: BBQ at the Park and Tie-Dye Party September: Back-to-School BBQ at the Park, Cle Elum Eagles Crab Feed Volunteer Opportunity, and Rock Painting Party A highlight of this quarter was our youth volunteering as servers at the Cle Elum Eagles Crab Feed Fundraiser. Not only did they give their time to support a community event, but they also chose to donate all of their tips back to The Shop Teen Center. This wonderful act of generosity demonstrated leadership, responsibility, community pride, and a genuine desire to give back to the programs that support them. These activities provide much more than entertainment. They create opportunities for youth to develop friendships, build confidence, practice communication and teamwork, and establish meaningful connections with trusted adults. Community service opportunities also encourage youth to recognize their ability to make a positive difference in their community. By incorporating prevention into fun, accessible, and meaningful experiences, we continue to strengthen protective factors such as belonging, positive peer connections, and community engagement. Our goal is to create an environment where youth feel valued, supported, and empowered to make healthy choices.	
Drug free youth retreat	This was renamed the Teen Welness Retreat by the youth participants. It is scheduled for April 10-12, 2026.	The annual Drug-Free Retreat was renamed the Teen Wellness Retreat based on feedback from participating youth, reflecting their desire for a more inclusive and wellness-focused approach. The retreat was held in April at Camp Koinonia and was attended by 34 youth. Participants engaged in breakout sessions focused on wellness and prevention, took part in a talking circle to build connection and peer support, heard a recovery speaker share their personal journey around the campfire, and participated in recreational activities that promoted resilience, healthy decision-making, and positive relationships. The retreat provided a safe, supportive environment where youth could strengthen coping skills, build community, and increase awareness of behavioral health and substance use prevention.	No new updtaes	

	Q1 2026	Q2 2026	Q3 2026	Q4 2026
Work with Cascade Prevention Coalition to implement and promote prevention campaigns	We helped promote Guiding Good Choices and had 5 families participate in this prevention campaign. We also have a medication take back and paper shredding event scheduled for May.	Community Builders continued to partner with the Cascade Prevention Coalition to implement and promote evidence-informed prevention campaigns throughout the reporting period. Through this collaboration, prevention messaging was shared with youth and the broader community using social media, community events, and Teen Center programming. Community Builders and the Cascade Prevention Coalition also partnered at the Celebration of Student Learning hosted by the Cle Elum-Roslyn School District, providing prevention education, connecting with youth and families, and increasing awareness of available behavioral health resources. These collaborative efforts reinforced healthy decision-making, promoted positive, substance-free lifestyles, and strengthened community-wide prevention initiatives while expanding the reach of consistent, youth-focused prevention messaging.	Community Builders continues to strengthen our partnership with the Cascade Prevention Coalition (CPC) through collaborative prevention efforts focused on reducing substance misuse, promoting healthy decision-making, and creating positive opportunities for youth throughout Upper Kittitas County. Following the coalition's summer break, we resumed our collaborative efforts in September, including participation in a successful Medication Take Back Day. This event resulted in the collection of over 70 pounds of unused medications, helping reduce the availability of potentially misused medications and promoting safe disposal practices within our community. We also partnered with CPC to host an After Homecoming event at The Shop Teen Center, providing teens with a safe, welcoming, and substance-free environment to continue celebrating with their peers. Events like this are an important part of our prevention strategy, offering positive alternatives to risky behaviors while strengthening peer relationships and connections with trusted adults. These collaborative efforts demonstrate the importance of community partnerships in expanding prevention beyond traditional education. By working together, we are increasing opportunities for youth engagement, strengthening protective factors, and promoting healthier choices. We look forward to continuing our partnership with CPC through future prevention events, community outreach, and educational opportunities that support the behavioral health and well-being of youth and families throughout Upper Kittitas County.	
Staff training for suicide screening	3 have been trained.	No new updates. Current staff have received training	Our current staff attended Counselor Camp, where they participated in continuing education focused on suicide prevention and awareness. This training provided valuable opportunities to strengthen their knowledge and skills in recognizing warning signs, responding to youth experiencing emotional distress, and connecting individuals with appropriate resources and support. Ongoing professional development is an important part of our commitment to providing a safe, supportive, and trauma-informed environment at The Shop Teen Center. By investing in staff education, we continue to strengthen our ability to support youth facing behavioral health challenges and ensure our team is better equipped to respond to the evolving needs of the young people we serve.	
Staff training in trauma informed care	3 have been trained.	No new updates. Current staff have received training	Our current staff attended Counselor Camp, where they received continuing education in trauma-informed care. This training strengthened their understanding of how trauma and adverse childhood experiences can impact youth behavior, emotional well-being, and development. The training emphasized the importance of creating safe, supportive environments, building trusting relationships, and responding to youth with compassion and understanding. These skills are especially valuable in our daily work at The Shop Teen Center, where we strive to ensure every young person feels heard, respected, and supported. By participating in ongoing professional development opportunities such as Counselor Camp, Community Builders continues to strengthen our trauma-informed approach, reduce stigma, and enhance our ability to meet the behavioral health needs of youth throughout Upper Kittitas County.	

	Q1 2026	Q2 2026	Q3 2026	Q4 2026
Implement prevention activities	January: Focus on self care for the teens, they made sugar scrubs and essential oil rollers. February: The teens planned a Valentines Party with 509Teens. March: Shamrock Shakedown, games and snacks with a St. Patricks Day green theme. Groups have been focusing on random acts of kindness.	"Community Builders continued to implement a variety of prevention-focused activities that promoted positive youth development, healthy relationships, and community engagement. In April, youth participated in a Flashlight Easter Egg Hunt featuring team activities and prize giveaways. In May, participants created homemade sugar scrubs and essential oil rollers as Mother's Day gifts and took part in the Seeds for Seniors project by preparing flower seed packets and greeting cards for residents at the local senior center, encouraging kindness and intergenerational connection. Staff and youth also participated in the Celebration of Student Learning, strengthening community partnerships and increasing awareness of available youth services. In June, Community Builders hosted a Summer Kick-Off BBQ to celebrate the beginning of summer break, held a tie-dye event that encouraged creativity and peer connection, and recognized graduating seniors with a special send-off celebrating their accomplishments and future goals. These activities provided youth with safe, substance-free opportunities to build resilience, strengthen social connections, and foster a sense of belonging within the community."	Throughout this reporting period, Community Builders continued to implement a variety of prevention activities designed to promote mental wellness, reduce the risk of substance use, and strengthen protective factors among youth in Upper Kittitas County. Prevention was incorporated into our daily programming at The Shop Teen Center, as well as through organized activities and community partnerships. Events such as Pioneer Days, painting and tie-dye parties, community BBQs, and our Back-to-School celebration provided youth with safe, substance-free opportunities to build friendships, develop social skills, and connect with trusted adults. We also emphasized youth leadership and community engagement. A highlight of the quarter was our teens volunteering at the Cle Elum Eagles Crab Feed Fundraiser, where they demonstrated responsibility, teamwork, and generosity by donating all of their tips back to The Shop Teen Center. Our partnership with the Cascade Prevention Coalition further strengthened our prevention efforts through a Medication Take Back Day, which collected over 70 pounds of unused medications, and an After Homecoming event hosted at The Shop, providing youth with a safe, substance-free environment to celebrate with their peers. In addition to these activities, our ongoing peer support groups and youth listening sessions provided opportunities for meaningful conversations, healthy coping skills, emotional support, and youth involvement in program planning. Our prevention approach continues to focus on building relationships, creating a sense of belonging, and providing consistent access to positive experiences and supportive adults. By integrating prevention into everyday activities, we are working to reduce risk factors, strengthen resilience, and empower youth to make healthy choices.	

Successes

Template created by KCPHD

Instructions: Please provide a brief summary of successes you've seen during the CURRENT REPORTING PERIOD. This summary should include key points, stay on topic, and be simple enough for those who arent familiar with your project to understand. Each success needs to have its own cell.

Q1 2026	Q2 2026	Q3 2026	Q4 2026
We had well attended prevention events, listening sessions are going well, support groups and our daily attendance has improved since the winter. The kids are really leaning into the randoam acts of kindness campaign and are being more mindful about watching for kind acts and doing kind acts.	Youth participation remained strong throughout the quarter, with consistent attendance at The Shop Teen Center and support groups, demonstrating the ongoing need for safe, positive spaces for local youth. Peer support groups continued to provide a welcoming environment where youth built resilience, developed healthy coping skills, and strengthened positive connections with one another. Community partnerships remained strong, allowing us to collaborate with local schools, behavioral health professionals, volunteers, and community organizations to expand support for youth and families. The Shop continued to offer free, accessible programs and activities that promoted healthy choices, positive relationships, and youth engagement in a safe, supportive environment. Youth demonstrated increased leadership and community involvement by participating in service activities, including random acts of kindness, and helping create a culture of support and belonging within the program.	Community Builders experienced several meaningful successes during this reporting period, highlighting the positive impact of our prevention and behavioral health programming throughout Upper Kittitas County. One of our greatest successes continues to be the meaningful relationships we are building with youth at The Shop Teen Center. Through daily programming, peer support groups, and prevention activities, we provide a safe, welcoming environment where youth feel valued, supported, and connected to trusted adults. Our youth listening sessions have been particularly successful in encouraging youth participation and giving young people a voice in the programs and activities designed for them. These sessions have created opportunities for open communication, leadership development, and meaningful youth input. Another highlight was the generosity and community involvement demonstrated by our teens who volunteered at the Cle Elum Eagles Crab Feed Fundraiser. Their decision to donate all of their tips back to The Shop Teen Center was a wonderful example of youth leadership, responsibility, and community pride. Our partnership with the Cascade Prevention Coalition also resulted in successful prevention initiatives, including the collection of over 70 pounds of unused medications during Medication Take Back Day and a collaborative After Homecoming event that provided youth with a safe, substance-free celebration. We also successfully provided a variety of engaging prevention activities throughout the summer and back-to-school season, offering youth opportunities to build friendships, explore creativity, and develop positive social connections. Additionally, our staff attended Counselor Camp, receiving valuable continuing education in suicide prevention and trauma-informed care, further strengthening our ability to provide informed, compassionate support to the youth we serve. Our greatest success remains the sense of belonging, trust, and connection we continue to foster among local youth. These relationships are the foundation of effective prevention and contribute to building a healthier, more resilient community	

Challenges

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Instructions: Please provide a brief summary of challenges you've seen during the CURRENT REPORTING PERIOD. This summary should include key points, stay on topic, and be simple enough for those who arent familiar with your project to understand. Each challenge needs to have its own cell.

Q1 2026	Q2 2026	Q3 2026	Q4 2026
We have had challenges finding funding to provide food for the support group attendees. Another issue has been transportation. We have even reached out to the Hein Legacy Foundation who is looking into transportation barriers in Upper Kittitas County along with HopeSource.	Funding uncertainty continued throughout the quarter, requiring careful financial planning to ensure youth services could continue while long-term funding solutions were pursued.Serving youth across a large rural geographic area continued to present transportation and access challenges, making it difficult for some participants to attend programs consistently. As participation in programs and support groups continued to grow, balancing increased demand with available staff, volunteers, and financial resources remained an ongoing challenge.	Community Builders continues to face challenges related to youth leadership engagement and financial sustainability. Youth Board of Directors: Establishing and maintaining a consistent Youth Board of Directors remains challenging due to scheduling conflicts, extracurricular activities, and the many competing commitments of our youth. Coordinating formal meetings has proven difficult, making it challenging to develop a structured board with regular participation. In response, we have implemented youth listening sessions, which have been well received and provide an effective alternative for gathering feedback, encouraging leadership, and ensuring youth voices remain central to our programming. We will continue exploring ways to develop a more formal youth leadership structure while maintaining opportunities for meaningful participation. Funding Gaps: Securing consistent, sustainable funding continues to be one of our greatest challenges. As a small nonprofit serving a rural community, we face increasing operational costs and limited funding opportunities. These financial constraints affect our ability to maintain adequate staffing, sustain daily operations, and expand prevention programming to meet the growing needs of local youth. We continue to pursue grants, fundraising opportunities, community partnerships, and individual donations to help bridge funding gaps and maintain essential services. Despite these challenges, Community Builders remains committed to providing consistent, accessible prevention and behavioral health support for youth throughout Upper Kittitas County. We continue to adapt our approach, maximize available resources, and seek sustainable solutions that will allow our programs to remain available to the young people who depend on them.	

Output Data

Template created by KCPHD

Instructions: Please provide updated numerical data for each of the following outputs for THE CURRENT QUARTER. Please do not use a year to date count; this will be automatically totalled in column F.

	Q1 2026	Q2 2026	Q3 2026	Q4 2026	Total to date	Average
Number of people exposed to/number of public awareness campaigns and messages	250-300	250	175		425	212.5
Number of individuals who have demonstrated improvement in knowledge, attitudes, or beliefs related to prevention and/or promotion	7	54	125		186	62
Percentage of individuals who have demonstrated improvement in knowledge, attitudes, or beliefs related to prevention and/or promotion	25%	85%	71%			0.60333333
Number of individuals trained in prevention or behavioral health promotion	3	0	3		6	2
Number of youth participants in prevention programs	63	71	93		227	75.6666667
Number of individuals referred to crisis or other behavioral health services for suicide risk, ideation or behavior	3	5	1		9	3
Number of individuals trained in prevention or behavioral health promotion	3	0	3		6	2
Number of individuals trained in trauma-informed care practices	3	0	3		6	2

	Q1 2026	Q2 2026	Q3 2026	Q4 2026	Total to date	Average
Number of youth participants in prevention services	25	54	31		110	36.6666667