



# 2023-2024 ANNUAL REPORT



## YOUTH DRUG & ALCOHOL PREVENTION SERVING SACRAMENTO SINCE 1979

REDUCING YOUTH UNDERAGE MARIJUANA, ALCOHOL & OPIOID USE BY INCREASING SACRAMENTO'S CAPACITY TO CREATE STRONG FAMILIES AND DEVELOP YOUTH LEADERS THROUGH EDUCATION, SKILL BUILDING AND COMMUNITY ENGAGEMENT.

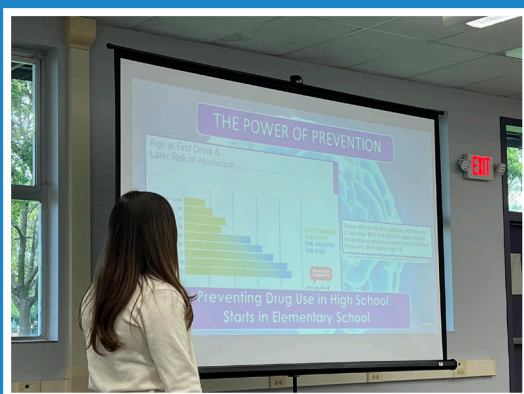
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# Welcome!

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### AGENCY SERVICES

Omni Youth Programs has over 45 years successfully delivering drug prevention services to youth aged 10 - 25 years, their families, community members and professionals who serve them. Services are provided throughout our county's richly diverse communities and adapted to the unique needs of each group.

- In-Class Drug Prevention Education Programs
- In-person and Virtual Presentations for teens, parents, community members and professionals
- Model Program Facilitator Certification Training for teens, parents, community members and professionals
- Social Media Campaigns
- Community Events & Exhibits

### CULTURAL INCLUSIVITY

Cultural competency, diversity, equity, and inclusion are priorities for Omni Youth Programs. Our agency has always reached out to undeserved and underrepresented communities to listen, hear, and offer free personalized services unique to them.

Leaders from diverse communities are also invited to provide insight, co-facilitate, and translate alongside our staff in their community. This ensures culturally competent, inclusive, safe and meaningful services for all.

We believe equipping youth, parents, professionals, and our staff with skills and resources empowers them to create meaningful changes where it matters most to them – in the diverse and vulnerable communities they live, work, serve, or go to school in.

# Omni In The Community

OMNI YOUTH PROGRAMS PARTNERED WITH NUMEROUS ORGANIZATIONS TO PROVIDE FREE EVENTS THAT FEATURED MULTI-MEDIA WORKSHOPS, PREVENTION TOOLS, THE LATEST RESEARCH, AND IMMEDIATELY USABLE SKILLS.

## 52 EVENTS! 3,641 INDIVIDUALS SERVED!

### 26 YOUTH WORKSHOPS

- Myth or Fact: The Truth About Drugs
- 9 Mental Health Hacks for Teens
- How Youth Drug Use Can Affect Mental Health
- “The First Day” Video Screening
- How to Encourage Youth to Stay Drug Free
- Your Mind Matters: Understanding Drugs and Their Impact on the Brain and Body
- Knowing the Facts About Fentanyl

### 4 COLLEGE TRAININGS

- Preventing Teen Alcohol & Marijuana Use: Theory & Strategies

### 4 YOUTH SUPERVISOR PROFESSIONAL TRAININGS

- Drug Proof Your Youth



### 10 PARENT WORKSHOPS

- Drug Proof Your Youth
- Hidden in Plain Sight: Facts & Tips Preventing Youth Drug Use
- Parenting After High School: Tips to Encourage a Drug Free Lifestyle
- How to Talk to Your Teen about Substance Use
- Make Parenting a Pleasure

**“This presentation was invaluable! So much relevant information!”**

**“The presentation was super fire.”**

**- JR HIGH / HIGH SCHOOL STUDENTS**



# Omni In The Community



## COMMUNITY PARTNERS

- Albert Einstein Middle School
- American Lakes Middle School
- American Legion High School
- Creative Connections Arts Academy
- Folsom Cordova Unified School District
- Folsom High School
- Health Professions Charter High School
- Hiram Johnson High School
- Inderkum High School
- International Rescue Committee- IRC
- Legi School (MAS-SFF)
- National Alliance on Mental Illness - NAMI
- Natomas High School
- Natomas High School - Youth Wellness Group
- North Area Community School
- NP3 Middle School

- Pioneer Elementary
- Sacramento Children's Home Valley High
- Sacramento City Unified School District
- Sacramento High School
- Sacramento State University
- St. Hope Middle School
- Success Academy
- The Met Charter High School
- Twin Rivers Unified School District

## 5 COMMUNITY EVENTS

- Red Ribbon Week Assembly
- "The First Day" Documentary Screening (x3)
- Mental Health Fair

# PARTNERS & COMMUNITIES WE SERVED

## WHO WE SERVED

Adults, Parents, Families  
Afghani  
African American / Black  
American Indian  
Asian  
People With Disabilities  
Economically Disadvantaged  
Ethiopian  
Filipino  
Guatemalan  
Hispanic/ Latinx

Homeless and Transient People  
w/ Mental Health Issues  
Iranian  
Iraqi  
Laotian  
Law Enforcement  
LGBTQ  
Malaysian  
Mexican  
Native Hawaiian  
Pakistani

Religious Groups / Faith Based  
Russian  
Salvadorian  
School Staff/ Teachers/  
Administrators/ Counselors  
Social Service Providers Somali  
Students - Middle & High School,  
College  
Ukrainian  
Vietnamese

## NEIGHBORHOODS SERVED

Arden Arcade  
Citrus Heights  
Curtis Park  
Elk Grove  
Natomas

Elmhurst  
Foothill Farms  
Lincoln Village  
Meadowview  
Oak Park

Orangevale  
Rancho Cordova  
Rosemont  
South Sacramento  
Antelope

## PROFESSIONAL PARTNERS

- Another Choice Another Chance
- Breakthrough Sacramento
- Bridge Network
- California Overdose Prevention Network
- Center for Collaborative Planning/ Public Health Institute
- Community Engagement Center CSUS - Network Café
- Connections Cafe - Folsom Cordova Community Partnership
- Cultural Competence Committee - Sacramento County Behavioral Health
- Drug Advisory Board - Sacramento County
- Drug Advisory Board Prevention & Education Subcommittee
- Elevate Life Church
- Elk Grove Unified School District
- Executive Directors & Sac County AOD Prevention Treatment Providers
- Folsom Cordova Community Partnership - Connections Café
- Folsom Cordova Unified School District
- Hiram Johnson High School
- Improve Your Tomorrow, Inc.
- International Rescue Committee
- Kennedy High School
- Muslim American Society - Social Services Foundation - MAS-SFF
- Network Cafe - Community Engagement Center CSUS
- NorCal Services for Deaf & Hard of Hearing
- North Sacramento Family Resource Center
- Office of Cannabis Enforcement Stakeholder
- Prevention Providers - Sacramento County Alcohol & Drug Services
- PRO Youth & Families
- Sacramento Children's Home
- Sacramento County Coalition for Youth
- Sacramento County Coalition for Youth – Communications Subcommittee
- Sacramento County Office of Education

# Public School In-Class Trainings

Equipping students throughout Sacramento's public school's with the necessary resources and knowledge to apply prevention practices in their own lives and communities.

Students are taught about the dangers of alcohol, marijuana, opioids, fentanyl, vaping and other drugs through interactive presentations presented by Omni staff.



## IN CLASS WORKSHOPS

In class workshops offer the opportunity for public school's and districts to train their youth to practice alcohol, marijuana, and other drug prevention skills with their peers.

Students are given the opportunity to ask questions, engage in larger conversations, and learn current facts about drug trends facing their school's and communities.

Through these interactive presentations, Omni is able to offer thousands of students relevant information and the skills to continue to live drug free.

## IN CLASS WEBINAR PROGRAMS

Students are trained through live webinars streamed into their classroom by an Omni Facilitator with the teacher joining in as an on-site co-facilitator. Together they create an interactive environment for the students to learn practical and often eye-opening information, tips, and engage in lively activities and meaningful discussions.

Presentations cover common myths about drug trends and facts that disprove them. Through this format Omni serves over 1,600 students per school.

**"You should present more at our school."**

**"Ya'all rock. Keep doing what you do."**

**- JR. HIGH / HIGH SCHOOL STUDENTS**



# Model Programs

Equipping the community with knowledge and skills to facilitate evidence based model programs that prevent underage alcohol, marijuana, opioid & other drug use.

Omni Youth Programs trained **TEENS, PARENTS, TEACHERS, PROFESSIONALS, AND OTHER MEMBERS OF THE COMMUNITY** to become Certified Model Program Facilitators. This year's newly trained facilitators represented schools & school districts, non-profits, youth groups, and more. Each person trained plans to conduct the program in their own neighborhood, school or faith center with people they already have existing relationships with, cultural understanding of, and trust and familiarity with.



## TEENS IN ACTION

Teens & youth professionals received training to become Certified Model Program Facilitators in Teens in Action. They will then lead teen groups using high energy activities, lively discussions, and engaging videos while exploring issues of alcohol, drugs, sexual health, and violence.

Facilitation training is also included for all youth trainees and their adult mentors. The program provides youth with critical skill-building and the opportunity for professional and leadership skills.

## FAMILY MATTERS

The Family Matters program is for parents & teens to do together in the privacy, comfort, and convenience of their own home & on their own schedule. This program is especially useful for families unable to attend in-person services.

Facilitators were trained to guide & motivate families through the program using role-play, stories, discussions, quizzes and more to open up communication across generations and strengthen the family.



## ORGANIZATIONS TRAINED

- Bridge Network
- Community Advocates
- CSUS
- James Rutter Middle School
- Lyfe Youth Movement
  - Elevate Life Church
- ONTRACK Program Resources
- The Tree of Life

**TRAININGS ARE AVAILABLE FREE, VIRTUALLY AND IN PERSON!**  
**AVAILABLE IN MULTIPLE LANGUAGES!**

# Cultural Orientation

This new series of free 2-hour professional trainings provide agencies with **insights, techniques and knowledge** when seeking **to build meaningful relationships** with underserved and often 'invisible' cultures. An immersive experience was created at each training with cultural food, displays, and the remarkably personal lived experiences shared by youth and adult panelists from Russia/Ukraine, Afghanistan, Hispanic and Hmong immigrant and refugee cultures.

## **NEW THIS YEAR!!!** **3 EVENTS! 154 INDIVIDUALS SERVED!**

Omni Youth Programs developed the series after seeing the need for cultural education in our community. Drawing upon our agency's extensive work with many cultures, our experience, setbacks and successes led us to develop a vastly different approach to gain the trust and involvement of immigrant and refugee communities.

With the voices and presence of our County's diverse cultural members, we conducted this series to help guide other agencies through the process and have success providing much needed services by those unsure about receiving them.

### Training content included:







- In-depth history of each culture, how US culture differs
- Challenges navigating in a new culture and school environment
- What responsive services look like from the perspective of the culture
- Specific & unique ways cultural views differ on youth drug use
- Ways parents' roles can differ in different cultures
- Concerns, suspicion and fears people from different cultures and countries may have towards agency's offering services, and why
- How needs and expectations may differ from what you are offering
- Strategies and adaptations you may need to make to engage & partner with individuals from other cultures.

**"Thank you so much! I've learned so much that this will definitely shift the way in which I support and serve Afghan's diverse communities in my work!"**

**- Quote from Afghanistan Training Attendee**



# Social Media

		# IMPRESSIONS
FACEBOOK		9,669
INSTAGRAM		6,741
TWITTER (X)		4,368
YOUTUBE		7,300
BLOGS		864
NEWSLETTER		5,387

“Seeing this is a complete 180 to what has been taught to us. A lot of people believe that marijuana has no consequences but, with its rise in popularity there is a need to educate on its usage.”

- Quote from Facebook & Instagram



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**WWW.OMNIYOUTH.NET  
916-362-2000**

**9616 MICRON AVENUE #750  
SACRAMENTO, CA 95827**

**THANK YOU FOR SUPPORTING OMNI YOUTH PROGRAMS!**