



Nevada County
Superintendent of Schools

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Honorable Board of Supervisors
950 Maidu Avenue, Suite 200
Nevada City, Ca 95959

Re: Fund 1146 - Alcohol Education Program

The Nevada County Public Health Department's Alcohol and Other Drug (AOD) Prevention Program has partnered with the Coalition for a Drug Free Nevada County, Nevada Joint Union High School District, and Truckee-Tahoe Unified School District to implement the Athlete Committed model in local high schools. In addition, they have worked with Silver Springs on a Panther Committed program. The Athlete Committed model is a comprehensive, evidence-based prevention and intervention health program for student athletes, parents, coaches, and school staff that is adaptable to fit a particular school's needs and resources. The program offers insight, education and strategies around issues such as alcohol and drug abuse, hazing, obesity and sportsmanship. It also emphasizes the benefits of sleep and nutrition, and demonstrates the negative effects of alcohol and drugs on athletic and academic performance (e.g., one night of drinking can erase two weeks of athletic training).

Activities funded by Fund 1146 require approval by the Nevada County Board of Supervisors and the Nevada County Office of Education. It is proposed that Fund 1146 Alcohol Education Program funds be used to support the countywide implementation and provision of Athlete Committed through Federal Fiscal Year 2017/18 in an amount not to exceed \$28,000.

Proposed costs to be covered with these funds include, but are not limited to: Athlete Committed Leadership training in Chico, CA, for students, coaches and mentors (including transportation); printing of Coaches Handbooks and Parent Tool Kits; Committed student leadership T-shirts; incentives for outreach to middle schools by high school student leaders; and school campus club expenses.

The potential impacts of this program are significant: reduced alcohol and other drug use, improved student health, a positive lasting shift in school culture and spirit, and greater connections between students, parents, and adult mentors and staff. This project connects the community for lasting change.

I support the use of Fund 1146 as outlined above.

Holly Hermansen
Nevada County Superintendent of Schools