

# YOUTH PREVENTION PROGRAMMING

2025-2026



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YOUTH PREVENTION PROGRAM LEAD

## WHAT IS "YOUTH PREVENTION PROGRAMMING"?

**ROOMTWO TEEN  
DROP-IN CENTER**  
New this year!

**OFFERING  
TRUSTED ADULT  
TRAININGS**

**CREATING ACCESS TO  
RESOURCES  
THRU COMMUNITY  
PARTNERSHIPS**

## SCHOOL-BASED SUPPORT

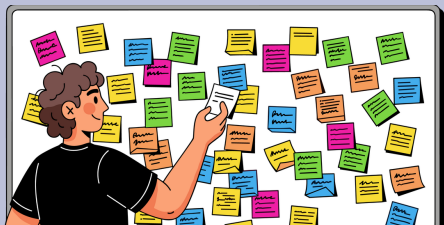
**HOSTING THE GENDER  
SEXUALITY ALLIANCE  
(GSA) CLUB**



**EMPOWERMENT  
GROUPS &  
VIOLENCE PREV.**

**SEXUAL HEALTH  
EDUCATION**

## ROOMTWO PILOT PHASE



## WHY

Young people deserve a youth-centered space outside of school and home where they can build relationships with safe adults, learn life skills, access resources that are relevant to them and connect with peers. From this belief came RoomTwo (R2), a teen drop-in center!

## HOW

Growing up in a rural community is a unique experience and it was important to us in building this program to gather a significant amount of youth input. We know that the more youth are involved and feel connected to the project, the more successful that youth program will be.

Over the course of 6 months, two Youth Advisory Boards (YAB) were created; each YAB had 4-6 individual students from the Methow Valley School District who met routinely and helped us design meaningful program offerings, design the physical space, establish expectations & safety guidelines, and so much more.

## THE OUTCOME: A SUCCESS!

### BY THE NUMBERS:

**52** individual youth visited RoomTwo (R2) between January and August 2026

**14** community members volunteered to host workshops, play games, or donate a hot meal

**6** youth signed up for 1:1 support services with an Advocate whom they connected with *through* RoomTwo



**88%** of students surveyed said that their favorite part of being at RoomTwo was **connecting with Trusted Adults!**



## WHAT'S NEXT?

A successful pilot means that R2 will continue to be open as a drop-in center during the 2026-2027 school year!

We are working to grow programming that offers a wider variety of activities and opportunities for our diverse community of Methow Valley youth

R2 will assemble an ongoing YAB cohort to meet throughout the school year. This YAB will inform & review R2 programming & policies, ensuring that youth voice remains at the forefront of our work

Looking ahead to 2027, the R2 team is hard at work on a plan to address many of the barriers that keep high school aged youth from seeking sexual health care, including birth control and accurate sexual health & safety information. *Stay tuned!*

# TRUSTED ADULT TRAINING

*“Every young person deserves a trusted adult.”*

Room One's youth prevention team participated in an 8 week “Train-the-Trainer” Trusted Adult program through Kathleen Donaldson Consulting this year. This Trusted Adult program equips adult community members with the knowledge, tools and confidence to best support the youth in their lives.

***This Trusted Adult training will be offered to community members through Room One in the fall of 2026!***



## COMMUNITY PARTNERSHIPS

R2 hosted a Dungeons & Dragons campaign throughout the summer (inspired by WA Secretary of State Steve Hobbs, who sent us a starter kit)! Two community volunteers, including a licensed therapist, led the games and built trusting relationships with the players. D&D has been shown to be an effective tool for supporting neurodivergent individuals in honing their social skills and building community.

Throughout the school year, a partnership was developed with a community member who hosts bi-monthly Magic the Gathering game nights for community members. His dream of making the game more accessible for youth led him to hosting monthly MTG games at RoomTwo, which has allowed for students with similar interests to connect and build a relationship with another local Trusted Adult.



Room One's partnership with NCW Libraries brought so much to RoomTwo's programming this year and helped to cultivate a fun, inclusive space for kids to be kids. Ree--local librarian extraordinaire--brought screen printing, woodburning, felting, puzzle contests, humor and yet another relationship with a Trusted Adult to the space.

## GROUP FACILITATION

One of the most valuable times spent supporting our community's students is during our ongoing Empowerment Groups (EG). Room One again hosted the female and gender-fluid EG weekly as a class for the Independent Learning Center (ILC) in Twisp.

Students in grades 9-12<sup>th</sup> gather to discuss relationships: the good, bad and ugly. EG's are designed to **build confidence, connection and empathy** towards peers and **reduce rates of interpersonal violence** among Methow Valley youth.

### Topics this school year included:

- Boundary setting (why is it so hard sometimes?)
- Spotting the Red and Green flags in a relationship
- How to support a friend who is in an unsafe relationship
- The negative effects of gossip and rumors



An example of the fine art stylings of students inspired by EG conversations.



This year, Shannon (Room One's Youth Prevention Program Lead) collaborated with Methow Pride to host the GSA at Liberty Bell Junior-Senior High School. GSA, a national club for **LGBTQIA+ identified students** and allies, met during lunch once a week to discuss the joys, challenges and questions about being a part of the Queer community. This club was very well attended (up to 20 students joined weekly!) and youth reported that they looked forward to the club every week and appreciated the safety and community it provided them at school.



## SEXUAL HEALTH EDUCATION

Sexual health education is a critical component of youth prevention work. Comprehensive education helps to prevent unintended pregnancy, sexually transmitted infections, sexual violence, and other negative health outcomes while also promoting healthy communication, consent, boundaries, and respectful relationships.

Sexual health education is most effective when it is accessible, age-appropriate, inclusive, and grounded in prevention rather than fear or shame. When youth have accurate information and **trusted adults** they can turn to, they are better positioned to recognize risk, seek services early, and advocate for their own health.



This year, in addition to delivering the state-mandated Sex Ed curriculum to students at the ILC, RoomTwo hosted a Sexual Health Trivia event for high school students! **14 young people** showed up to test their knowledge and win raffle prizes.

Room One continues to be the place to go for free condoms, pregnancy tests and Plan B, not just for young people but **all community members!**

A huge thank you to the **Burning Foundation** in Seattle for their funding that helps make Youth Prevention Programming possible!