

Building Connections

Recommendations for the Boulder Valley
to Help Teens Live Happier, Healthier Lives



Findings and Strategic Priorities from
the Boulder Valley Youth Risk Behavior
Community Engagement Process

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Community Engagement Process

Sponsored by the City of Boulder, Boulder Valley
School District and Boulder County

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Executive Summary

Adolescents in the Boulder Valley have an abundance of opportunities and assets. The school district is one of the top districts in the state, many families have sufficient resources to provide a high quality lifestyle, the surroundings are beautiful, and the social services infrastructure is strong. Youth in the Boulder Valley relish adolescence as a time they can enjoy new opportunities without shouldering the full responsibilities of an adult, and as a time to learn and grow.

However, data from the 2003 and previous Youth Risk Behavior Surveys show us that youth in the Boulder Valley struggle with the “growing pains” of the transition from childhood to adulthood. Many are overly stressed by managing competing expectations and responsibilities. Some experience depression, peer pressure, and harassment. Some engage in risky behaviors that are a threat to their happiness, health and safety.

In 2006 the City of Boulder, the Boulder Valley School District and Boulder County launched a community engagement process to better understand how youth are faring in the community and how the community can more effectively support youth and their families. The process included: a youth summit, focus groups with parents and community service providers, interviews with community leaders and a community summit.

The process was informed by the 2003 Youth Risk Behavior Survey. The survey, given every two years, gathered information from over 1000 randomly selected high school students from across the district. The survey revealed enlightening information about the happiness, health and safety of youth. To see a full copy of the report from the 2003 data and the early results from the 2005 data, please visit <http://www.co.boulder.co.us/health/HP/data/youth/yrbs.htm>. For more information on this report or the community process please contact 303-441-4045.

Youth Happiness, Health, and Safety

Through the community engagement process these three issues of greatest concern emerged:

- ▶ Teen Mental Health and Suicide
- ▶ Substance Use and Abuse by Young People
- ▶ Harassment and Safety of Young People

Teen Mental Health and Suicide

Data — In the 2003 YRBS, 23% of students felt sad or hopeless almost every day, for 2 weeks or more during the year preceding the survey. 18% seriously considered attempting suicide. Gay, lesbian, bisexual and not-sure youth (i.e. youth who are questioning their sexual orientation) (GLBNS) youth, reported depression and attempted suicides at nearly double the rates of their heterosexual peers, with 50% of GLBNS youth reporting feeling sad and hopeless and 44% actually attempting suicide.

Youth & Community Input — Youth participating in the youth summit prioritized stress and depression as the biggest concern and the issue needing the most community attention. Many youth feel like mental health and suicide are “taboo” topics and the seriousness of these issues is not appreciated by adults.

Parents similarly rank this as the issue of greatest concern, but talk about the issue as youth self-esteem. Youth and parents say mental health and suicide are issues that are not well understood and are very difficult to talk about. Providers and community leaders are particularly worried about the availability of services for youth with serious, diagnosable mental illnesses.

Substance Use and Abuse

Data — 44% of youth drank at least 1 drink of alcohol on 1 or more of the 30 days preceding the survey. Nearly one-third, 30%, of students had 5 or more drinks of alcohol in a row, within a few hours, in the 30 days preceding the survey. 23% reported riding in a car with a driver who had been drinking, 1 or more times in the 30 days preceding the survey. 42% of students have ever used marijuana and 25% of students currently use marijuana, smoking marijuana 1 or more times in the 30 days preceding the survey.

Youth & Community Input — Youth participating in the summit say alcohol use is an embedded part of the high school culture in the Boulder Valley. Some youth say marijuana use is also part of the culture and is considered safer than drinking. Substance use is a major concern of parents and they sincerely struggle with how to address the issue with their children. All participants in the process acknowledge that the messages around substance use are confusing and at times contradictory. The general community sentiment is that the community must take a harm reduction and a use reduction approach to substance use.

All sectors of the community agree that binge drinking and drinking and driving are serious issues and pose great danger to youth and the entire community. Providers and community leaders also believe there needs to be increased focus on early identification of youth who are at risk for developing addictions and helping these youth get support before they get into trouble.

Harassment and Safety

Data — Nearly 5% of high school students felt too unsafe to go to school on one or more of the 30 days preceding the survey. Of the youth who identified as Hispanic/Latino, 17.3% were harassed because of race or ethnic origin during the year preceding the survey, compared to 4.2% of those who identified as White. 28.5% of young women received unwanted

sexual comments during the year preceding the survey.

Youth & Community Input — Youth participating in the summit described harassment at the high school level as pervasive, hurtful and much more subtle than “bullying.” They say there is a general feeling that someone is “always out to get you” and that a lack of relationship and opportunities to get to know youth from different social and ethnic groups is the underlying cause of harassment. Parents worry about the impact of harassment on youth self-confidence and self-esteem. Providers and community leaders are deeply troubled by the amount of harassment and see the impact it has on youth.

Strategic Priorities

Youth, parents, providers and community leaders believe that the risk behaviors of young people in the community are interconnected and related to underlying feelings of isolation and detachment among some youth and families in the Boulder Valley. Stronger connections between youth, between youth and their families, and among families within the community are critical in order to improve the happiness, health and safety of youth. The community engagement process identified three types of strategic priorities to strengthen these connections in the community.

Community Values

The first set of strategic priorities identified through the community engagement process is the need to shift the community values of the Boulder Valley to demonstrate:

- ▶ Youth are valued as a positive and contributing force in our community.
- ▶ Resource investments are aligned with how much we say we value youth.
- ▶ Community structures and attitudes support healthy relationships with and between our youth.

Priority Focal Areas

The second set of strategic priorities is actions that can be taken now to improve the happiness, health and safety of youth in the Boulder Valley. The five identified strategies are:

- ▶ Make sure all youth have access to meaningful programs and activities.
- ▶ Create support networks and discussion forums for parents.
- ▶ Build communication about and appreciation of youth depression and suicide.
- ▶ Reduce the impact of substance abuse on youth and on the community.
- ▶ Strengthen support for families during the middle school years.

Components of Effective Action

The third set of strategic priorities identified key components that all ideas, strategies, and programs to support young people should incorporate. Effective programs will:

- ▶ Include youth in the design, implementation/management, and evaluation
- ▶ Create meaningful relationships between peers and between youth and adults
- ▶ Help youth connect to something outside of themselves
- ▶ Involve youth from diverse social and cultural groups
- ▶ Strengthen the relationship between youth and their families
- ▶ Be grounded in the reality of the lived experiences of youth

Perspectives from the Community

Youth

Youth Perspectives on Youth Happiness, Health & Safety

A youth summit was held as part of the community engagement process to better understand the perspectives of young people about their health decisions and risk behaviors. Insights from the youth summit were also used to help shape the rest of the community engagement process.

The youth summit conversations focused on four overarching questions:

- ▶ What is it like to be a young person in the Boulder Valley?
- ▶ What is going on with youth health and risk behaviors?
- ▶ What health issues require the most attention?
- ▶ How can the community support young people?

The youth summit included approximately 115 high school students representing each of the public high schools in the Boulder Valley School District. The students were selected, with parent approval, on a somewhat random basis to ensure that those participating in the summit would reflect the demographics of the student population within the Boulder Valley School District. The conversations at the youth summit were held in small groups with trained facilitators.

Key Headlines from the Youth Summit

Young people in Boulder Valley feel incredible stress and pressure in their daily lives. Many youth feel overwhelmed by stress and pressure and report just “keeping our heads above water.” They say it is very challenging to manage expectations about academic performance and that adults simply don’t understand the grade pressure they feel and the academic difficulty of high school. Most youth report feeling crunched for time - they don’t have enough time to do their school work, play sports or exercise, have a job and have any “down time.” Some feel financial pressure to have enough money to buy things others have. Others experience sadness and hopelessness and even contemplate suicide because they can’t handle everything in their lives.



Many youth in the Boulder Valley feel like they live in an “unsafe” world.

Many youth report instances of harassment in their lives. They say the harassment is sometimes overt, but also is subtle and nuanced. Many youth feel harassed at school because of the social groups they belong to or because of their grade level. Some young women report receiving unwanted sexual attention and contact. Youth of color say they feel harassed because of their race or ethnicity and hear racist jokes made by peers. Many gay, lesbian, bisexual and questioning youth report verbal harassment and physical threats. Youth say that they at times even feel subtle harassment by teachers and administrators that make comments about particular youth or social groups, or respond with praise and punishments differently to different groups of

youth. Many youth acknowledge that alcohol and drugs are used to escape the pain caused by harassment.

Young people express a certain level of optimism and pleasure in their lives.

Youth say they enjoy the new freedoms and opportunities that come with being in high school. However, they also relish the idea that they don't have to manage all of the responsibilities that adults have to manage. They recognize that some of the challenges they face are just part of growing up and finding one's identity and that "figuring yourself out" is one of the greatest joys and challenges of being a young person. Youth also see their high school years as a time when they can make some mistakes and grow from them. As one youth said, "you can screw up BIG, but it is okay as long as you learn from it."

Some young people believe they can make a difference, however overcoming stereotypes about youth is a major challenge.

Many young people believe they have the power to change how the future could be. They have the unique ability to still dream and have high goals. They believe rebellious minds allow for greater ideas to be explored. Young people also report feeling like adults don't take them seriously, that they have to work hard to gain trust from adults. Other youth are more resigned and pessimistic about their ability to change the world they live in.

Meaningful relationships with family, friends and intimate partners are critically important to youth.

These relationships also bring much angst and stress to the lives of young people. Youth report that as they get older the relationships they have with others become more complex and rewarding. Most youth report they appreciate their family relationships and enjoy having "good friends." They also say that intimate relationships are

important aspects of a fulfilling life. However, managing different expectations between family and friends, negotiating complex social scenes at school, and peer pressure to fit in causes a lot of stress as well. Some use alcohol and drugs to ease social interactions or equate being sexually active with maturity.

Young people are impacted by societal values and stereotypes and messages in the media.

Youth feel the impacts of racism, sexism, and classism. They report they feel the pressure of stereotypes and messages in the media such as: "people who drink are happy", "women should be thin" and "people of color are more likely to be violent". They say that sex and alcohol are glorified in the media and that issues of sadness and depression are rarely addressed.

Many young people think of happiness over health and safety.

For many youth being happy is more important than being healthy and safe, although some believe that being healthy is important on the path to happiness. Youth do make the connection between stress, drinking, smoking, sleep deprivation, poor eating habits and unhealthy relationships and their health. However, the drive to be happy, to have fun, and to fit in is so important that sometimes youth make unhealthy and unsafe decisions.

Young people identify Sad and Hopelessness/Suicide, Alcohol Use/ Drinking and Driving and Harassment/ Safety at School/Violence as the top three issues that need attention to help them lead happier, healthier, safer lives.

Youth say that many of the risk behaviors identified in the survey are interrelated. Feelings of sadness and hopelessness, navigating the complex social scene at high school, and coping with the effects of harassment lead youth to use alcohol, and drugs, and to engage in unhealthy sexual relations. Community support and new resources to help youth and their families address

these issues in their lives, change the high school environment and provide substance-free recreation opportunities will go a long way in helping youth lead happy, healthy and safe lives.

Youth Ideas for Building Connections

Youth who participated in the summit offered five broad ideas for how the community can offer support to youth. They stressed that all approaches must include youth leadership in their design and implementation.

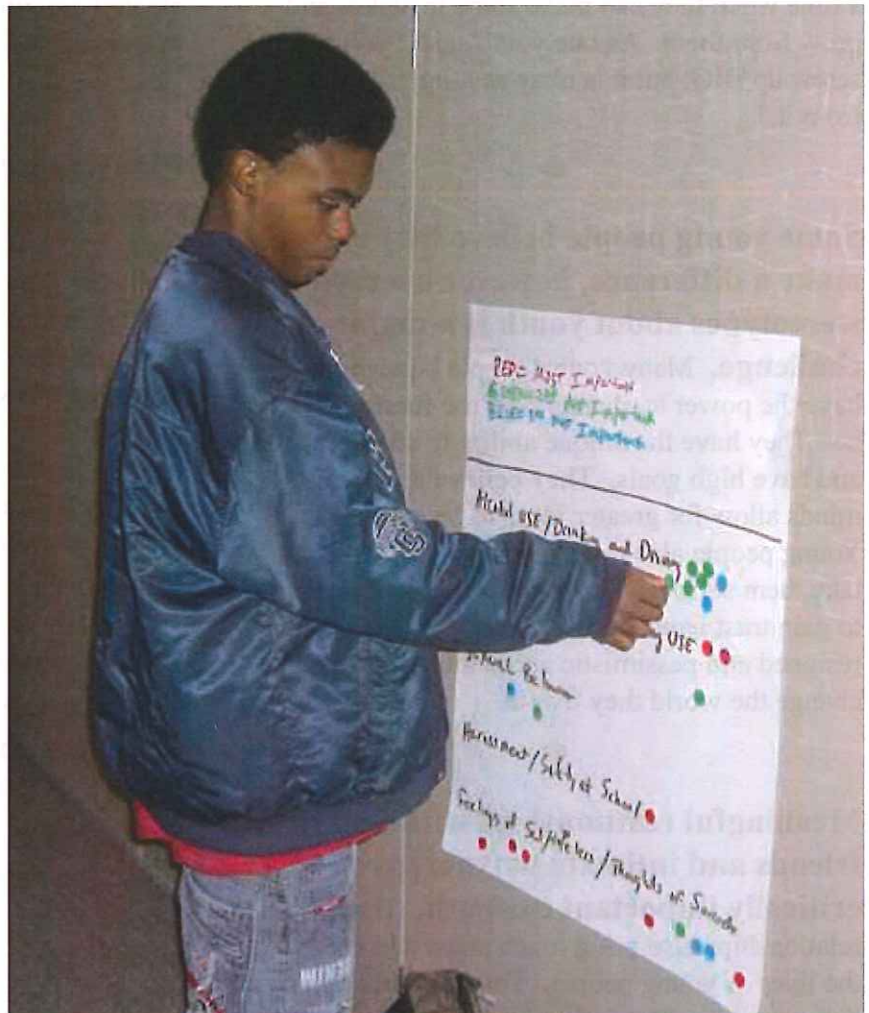
Address isolation and stress as the core issues underlying risk behaviors, not just the behaviors themselves. Youth believe that parents and the broader community must recognize isolation and stress as major issues for youth in the Boulder Valley. Youth truly believe that the amount of sadness, suicide, alcohol and drug use, and unsafe sexual activity would decrease if youth in the community felt more connected to each other and to the adults in their lives.

Create opportunities for youth to talk openly about their experiences and their feelings. Youth desire conversations with non-judgmental adults who will not “freak out” or start a sermon. Many youth are not able to have this type of conversation with their parents, teachers, administrators and other adults.

Some believe they might be able to have this type of conversation with young adults such as college aged youth, siblings or “cool” older adults.

Build community understanding about teen sadness/hopelessness and suicide.

Youth report feeling most concerned about and least equipped to deal with sadness and suicide. Youth say that the community needs to open up the conversation about this “taboo” topic. The entire community – youth, families and schools – need basic information and tools to start the conversations. Youth say, “depression is scary because it is not so obvious and we don’t know how to solve it,” and suggest, “even posters on the wall could help.”



Youth want more substance-free social activities in the community.

Youth desire to have more substance-free recreation opportunities. They are interested in more fun, cheap, late night activities similar to activities that take place after prom.

Develop a more honoring and inclusive environment in the schools and throughout the community.

Youth want to be part of a more honoring and inclusive environment. Youth believe a chance to develop real relationships between youth of different social groups, grades, races, and sexual identities will help the groups be more tolerant of one another. Youth desire a more consistent approach to harassment from administrators and teachers and want to be in a school environment where single students or groups of students are neither harassed by teachers and administrators nor treated preferentially.

Parents

Parent Perspectives on Youth Happiness, Health & Safety

Four focus groups with parents of teens in the Boulder Valley were held as part of the YRBS community engagement process. Additionally, many of the providers and community leaders involved in the process shared their perspectives on these issues both as parents and as professionals. Highlights from the parent perspective include:

Parents worry first and foremost about their children's self-esteem.

Parents see isolation, substance use, peer pressure and harassment as major threats to their children's self-esteem. They recognize that youth today face a variety of pressures and see the impact of

these pressures on their children. Many parents, however, do not feel that they have enough information about teen mental health and how to recognize signs of serious trouble. Some say they feel "disconnected and naïve" when it comes to engaging with their children about their mental health.

Parenting an adolescent requires a different set of parenting skills.

Many parents say they felt well-informed about the developmental stages of young childhood and were comfortable with their parenting skills when their children were young. Parenting an adolescent requires a different set of skills, which many parents do not feel they fully understand or have mastered. Additionally, parents feel less clear about the developmental stages of adolescence and "what is normal for a teen."

Parents sincerely struggle with how to approach substance use.

Many parents are unsure about the best approach to take regarding setting expectations and limits for their children regarding substance use. Many recognize that alcohol is a part of the high school culture and they feel conflicted between expecting their children to abstain or guiding them to learn to drink responsibly. Parents do feel strongly that parents should never provide alcohol to other youth and that individuals and establishments that let youth access alcohol should face legal consequences. Parents also worry about drinking and driving and drug use because of the potential for harm to their children and others in the community and the long-term impacts from a drinking and driving accident or the legal consequences of being caught using alcohol or drugs.

Harassment is a real issue for youth in the community.

Many parents believe that harassment is at its worst in middle school and that the more subtle nature of harassment at the

middle and high school levels is vicious and has a tremendous impact on youth self-esteem and happiness.

Parents' self-esteem and sense of efficacy is connected to their children's successes and struggles.

Parents participating in the focus groups said it can be difficult to separate the successes or challenges their children experience from their own self-esteem. They say when a child struggles, parents can sometimes get caught up in evaluating themselves as parents instead of focusing on how to best support their child.

Parent Ideas for Building Connections

Parents offered seven ideas for ways to improve support for youth and their families and build greater connections in the community:

Focus on developing youth self-esteem.

Efforts should be made to support youth self-esteem by keeping youth connected to meaningful activities, helping them manage peer pressure, and reducing harassment.

Create networking opportunities for parents to talk about the challenges of parenting.

Parents feel isolated. They are hungry for opportunities to talk with other parents in a non-judgmental setting about how to manage the many challenges of parenting a pre-teen and teenager.

Provide education and parenting resources about key issues, especially teen depression.

Parents feel they lack education and resources about many of the key issues they must manage as parents of an adolescent. Many parents want more information about key issues such as depression and substance use.



Providers

Provider Perspectives on Youth Happiness, Health & Safety

The community engagement process included two focus groups with youth service providers that work directly with youth as program leaders, interventionists, or counselors. These conversations revealed three important themes:

The YRBS data is consistent with their experiences, and may be low for some risk behaviors. Many providers thought the data reported through the YRBS was consistent with the behaviors and experiences of youth they work with. Some believed that the data on marijuana use in particular seemed low. Participants cite an unusual permissiveness in the Boulder Valley as the reason for high use, saying, “pot is not considered a drug in parts of this community.” Other substances that are being abused include: prescription pain medications, anti-attention deficit disorder medications, cocaine and methamphetamines, especially in East County.

The mental health data from the survey also seemed to reflect the experiences of the youth with whom providers work. Providers are deeply concerned about this issue and say they are seeing too many kids that are, “just giving up – they have no hope.”

Multiple factors underlie risk behaviors. As professionals trained in mental health, health care, education and other professions dedicated to working with youth, providers identified five different aspects that underlie youth risk behaviors:

Support parents with a range of tools to talk with youth about substance use. Parents recognize that there are many approaches to talking with their children about substance use. They would like a range of tools and ideas so that they can choose the most appropriate approach for their family.

Enforce stronger legal consequences for providing alcohol to minors. Many parents support an increased community focus on cracking down on establishments and other parents that provide alcohol to minors. Some suggest there needs to be stronger communications from the schools about the legal consequences of providing substances to youth.

Create opportunities for parents to connect with their kids. Parents want more opportunities to connect with their kids and other families in their schools and neighborhoods. Group activities such as movie clubs, book clubs, etc. are welcomed.

Start support for youth and families when children are pre-teens. Parents acknowledge that the middle school years are a major transition for youth and for parents and that support for families with children in middle school is critical.



- ▶ **Internal** - Enormous pressure youth feel coupled with inadequate coping skills, an inability to plan for the long-term (6 months) and the transition from childhood to adulthood in a time when youth are not sure they like the world they see as adults.
- ▶ **Home Environment** - Unstable homes, over-permissive parents, parents that are using all their energy to simply pay the bills and help their families get by.
- ▶ **School Environment** - School size, especially during the critical transition from elementary school to middle school, harassment and threats of violence.
- ▶ **Local Community** - Community and government systems that do not work well for families and operate in a punitive rather than supportive manner.
- ▶ **Society At-Large** - Societal oppression of youth, youth of color and youth of varying sexual orientations. Societal pressures to engage in risk behaviors namely drinking and sex.

There are several keys to serving youth effectively. It takes special personalities and special attention to serve youth effectively. During the conversations with providers they shared that to serve youth effectively programs must:

- ▶ Be grounded in respect, inclusivity and honor all aspects of youth and their experiences.
- ▶ Include relationship-building between youth, either formally as mentors, or informally.
- ▶ Have youth in positions of power with real responsibilities and access to the larger community power structure.
- ▶ Be open to conversations about all topics, even the challenging ones such as depression, sex, racism, elitism and homophobia.

Provider Ideas for Building Connections

Community service providers focused on five ideas for greater community support for youth and their families:

Shift the community mindset to expect youth to be a positive force in the community. The community should expect youth to contribute and bring their energy and assets to help support the community. All too often youth are viewed negatively and as a drain on the community.

Focus efforts to stabilize families first.

Youth will benefit more from services and support when they have stable family situations. To have the most impact, investments in the community should support family stabilization as well as youth development.

Make services more accessible and family-friendly.

Providers feel that there needs to be a shift in municipal and county social services from punitive and anti-family to collaborative and supportive of families. Some ways to do this include reducing the restrictions on who can be served by programs, less “silo-ing” of services, and a real effort to make services linguistically and culturally appropriate.

Recognize the impact of school size and the availability of supportive adults to youth.

Many providers believe that large high schools create a challenge to helping youth develop intimate relationships with peer groups and with caring adults. The community must recognize this issue and do what it can to foster stronger relationships between youth and adults.

Focus on supporting youth and families earlier, especially through the middle school years.

Experienced youth service providers believe that the transition from elementary school to middle school is a critical time in youth development when many youth begin to struggle and lose confidence. The community should invest in supporting youth and families through this challenging transition.

Community Leaders

Community Leader Perspectives on Youth Happiness, Health & Safety

The community engagement process included one-on-one interviews with 17 community leaders representing elected officials from municipalities across the community, leaders of municipal programs and non-profit service programs, law enforcement and the justice system, the faith and business community, and the school district. Below are the highlights from the conversations:

Substance use and abuse is a major concern of community leaders.

Community leaders are very concerned about the impact of substance use and abuse on youth and the entire community. Leaders worry that youth who use and abuse substances put themselves at risk for making unsafe and unhealthy choices that may have a lasting impact on their lives. Community leaders worry particularly about drinking and driving because of the potential for harm to both youth and other community members.

Youth today face a complicated and challenging world and need community support.

Community leaders recognize that youth today face a variety of challenges much earlier in life than past generations did. Mass media, more unsupervised time and the fast pace of life lead youth to experience more things and make more complex decisions than youth have had to in the past. Community leaders believe the community can play a role in supporting youth to meet these challenges, and in fact must play a role with youth whose families may be unstable or have limited resources.

Community leaders don't believe there is adequate investment in youth. Many community leaders cite the lack of adequate numbers of interventionists and counselors in the high schools as evidence of inadequate investments to support youth. Other examples include prohibitive costs to participate in some programs in the community and recent cutbacks in youth employment programs and service learning opportunities for youth.



Youth who are connected to something have a better chance of thriving than youth who are isolated. A variety of community leaders say that youth who participate in meaningful activities such as sports, drama, service learning, youth groups, volunteer activities, etc. are less likely to engage in risk behaviors because they have a responsibility to something larger than themselves, and a connection to a peer group and to caring adults. Finding a way to connect all youth to some area of interest or program is critical to helping youth thrive.

Families are the most critical support system for youth. Community leaders believe that the first line of support for a young person should be their family, and that community investments should aim to support families and bridge divides between youth and families. Some leaders acknowledge that not all youth feel they can get support from their families and may need mentors and other avenues for support, but efforts should still be made to strengthen the family unit when possible.

Community Leader Ideas for Building Connections

Community leaders identified five ideas for ways to build connections in the community to support youth and their families.

Align actions and investments with how much we say we value youth. Many community leaders identified a lack of alignment between the community rhetoric about how much the community values youth and the reality of the investments made by the community to support youth. Community leaders agree that more investments can and should be made to support youth and their families.

Equip parents and youth with resources and communication skills for key issues. Community leaders believe that many parents and other community members are unaware of the experiences of youth in our community, and that efforts must be made to increase awareness even though it may be difficult for some to accept that youth in our community are struggling. Following increased awareness, the community

can work to equip parents and youth with resources and communication skills to talk about key youth health issues.

◆

Support programs and places where youth can safely express themselves, be part of something meaningful, and build relationships with peers and caring adults.

A connection to something can be the critical factor in helping a young person thrive and avoid some of the challenges of adolescence. The community should focus on making sure that all youth have the chance to find a connection with a program, a place, a team, or something positive. As one community leader aptly stated, youth need “space, projects and mentors.”

◆

Develop a coordinated strategy for early identification and prevention plans for youth deemed to be at a high risk of developing substance abuse issues or facing mental health challenges.

Community leaders believe youth are well-served by the network of available municipal, county and community resources. However, there is a need for more early identification and prevention services for youth that are at particularly high risk of addiction or mental health issues.

◆

Support youth and families earlier.

Community leaders agree with the sentiments of other sectors in the community that support for youth and families should start when youth are pre-teens. Community leaders recognize that many services fade away for youth and families around this time and that the feelings of isolation and disconnectedness begin.

Strategic Priorities

When asked, “How can the community better support youth and families?” three strategic priorities for greater support emerged. Youth, parents, providers and community leaders believe that the risk behaviors of young people in the community are interconnected, and are related to underlying feelings of isolation and detachment among some youth and families in the Boulder Valley. The three strategies are linked by the goal of building stronger connections between youth, between youth and their families, and between families within the community.

Shift Community Values

The first type of strategic priority identified through the community engagement process is the need to shift the community values of the Boulder Valley to really demonstrate that in the Boulder Valley:

- ▶ **We value youth as a positive and contributing force in our community.** Some examples include: Young people are explicitly included in community-wide needs assessments and planning processes. Specific efforts are made to incorporate youth input in the design of youth programs. Youth are given structured opportunities to lend their skills and insights for community benefit.
- ▶ **Our resource investments align with how much we say we value youth.** For example, ample funding is available for youth programs. Programs are well-staffed by adults who are invested in building authentic relationships with young people.
- ▶ **Our community structures and habits support healthy relationships with and between our youth.** This could range from people of all ages making eye contact with youth they encounter throughout the day, to businesses hiring young people and treating

their youth employees with proactive interest and respect, to ensuring that youth are explicitly included in community-wide events.

These broad community changes were identified as key factors to making a long-term difference in the happiness, health and safety of the youth in the community. These efforts will take time and will require changes in community priorities and how some community institutions operate. All government entities, the school district and community providers should strive to incorporate these values into their mission and core activities.

Address Priority Focal Areas

The second set of strategic priorities is actions that can be taken now to improve the happiness, health and safety of youth in the Boulder Valley. The five identified strategies are:

- ▶ Make sure all youth have access to meaningful programs and activities.
- ▶ Create support networks and discussion forums for parents.
- ▶ Build communication about and appreciation of youth depression and suicide.
- ▶ Reduce the impact of substance abuse on youth and on the community.
- ▶ Strengthen the support for families during the middle school years.
- ▶ During the Community Summit, participants divided into workgroups to develop action ideas for each of these key strategies. Each group consisted of youth, community members, and community leaders as well as a professional in the field that will provide general support to the group over time.

Below are the initial action ideas from each of the workgroups.

Make Sure All Youth Have Access to Meaningful Programs and Activities

- ▶ “Survey” youth to better understand the types of programs and activities they would like to have access to.
- ▶ Spread the word about the need for meaningful programs for youth.
- ▶ Learn from existing successful programs.
- ▶ Educate youth about existing programs and opportunities.
- ▶ Address issues of access to programs, especially related to cost and transportation and stratification.

Create Support Networks and Discussion Forums for Parents

- ▶ Design an interactive web space for parents to network and access resources.
- ▶ Develop a branding/social marketing campaign to motivate parents to more actively engage their children about their happiness, health and safety.
- ▶ Expand the Parent Engagement Network.
- ▶ Support parent connections at the individual school level.
- ▶ Encourage city and county government to take a lead role in supporting parents.
- ▶ Support local business to develop family-friendly normative business practices.

Build Community Awareness About and Appreciation of Youth Depression and Suicide and other “Taboo” Topics

- ▶ Raise public awareness about teen mental health.

- ▶ Recruit and train groups of non-judgmental adults who can talk with teenagers about their stress, their sadness and their depression.
- ▶ Implement the “Breaking Down the Walls” program in the entire community.
- ▶ Enhance the focus on mental health issues in the schools.
- ▶ Improve the sensitivity and understanding about sexual identity among all providers that interact with youth.

Reduce the Impact of Substance Abuse on Youth and on the Community

- ▶ Create more substance-free venues where youth can gather and youth and families can gather to recreate and spend quality time together.
- ▶ Increase parent education and discussion opportunities.
- ▶ Make alcohol harder to obtain and make the consequences of providing alcohol to minors more severe.
- ▶ Increase the focus on substance abuse in the schools.
- ▶ Identify and enlist the support of influential teen leaders.

Strengthen Support for Families During the Middle School Years.

- ▶ Provide support to youth and families with the transition from elementary school to middle school.
- ▶ Strengthen the relationship and lines of communication between parents and youth.
- ▶ Connect and expand programs that serve middle school aged children and their families.
- ▶ Design an interactive web space for parents to network and access resources.

Each group will meet again before the end of summer to further hone their ideas and develop action plans for their work. To find out more about joining a workgroup contact Alice Swett or Cindy Smith at the City of Boulder Youth and Family Services, 303-441-4045.

Incorporate Components of Effective Action

The third set of strategic priorities identified key components that all ideas and programs to support young people should incorporate. These include efforts to:

- ▶ Include youth in the design, implementation/management, and evaluation
- ▶ Create meaningful relationships between peers and between youth and adults
- ▶ Help youth connect to something larger than themselves

- ▶ Involve youth from diverse social and cultural groups
- ▶ Strengthen the relationship between youth and their families
- ▶ Be grounded in the reality of the lived experiences of youth

As the workgroups, government agencies, service providers and individuals strive to implement the ideas generated from the community development process it is critical to incorporate these touchstones to every project or activity



Opportunities for Community Action: What You Can Do!

The community engagement process identified specific ways individuals and different community sectors can take action to build connections with youth and families. These ideas create the opportunity for individuals and organizations to contribute to the broader community effort to build stronger connections in the community and improve the happiness, health and safety of youth. Each idea is followed by the strategic priority set to which it relates:

① Shift Community Values, **②** Address Priority Focal Areas, and **③** Incorporate Components of Effective Action.

Youth

- ▶ Reach out to caring adults – talk to parents about difficult issues, reach out to the interventionist at the schools, use teachers. **① ③**
- ▶ Get involved. **①**
- ▶ Mentor younger kids. **①**
- ▶ Be safe and responsible when you participate in high risk activities. **② ③**
- ▶ Be honest with yourself about your level of involvement in risky activities and the impact they have on your life. **②**

Peers

- ▶ Be interested in each other, don't judge, listen, get involved. **③**
- ▶ Make it ok to go to a party with alcohol and not drink. **②**
- ▶ Stand up to harassment. **③**
- ▶ Be understanding and more tolerant. **② ③**
- ▶ Make it ok to talk about sadness. **②**

Families

- ▶ Listen, accept, keep an open mind, support and trust youth. **① ② ③**
- ▶ Provide consistent messages about substance use. **② ③**
- ▶ Have conversations with youth, not sermons. **① ② ③**
- ▶ Teach tolerance. **① ③**
- ▶ Reach out and get involved with groups like parent discussion groups, church support groups, community groups. **① ② ③**

Schools

- ▶ Create discrimination - free environments and provide more programs about understanding each other. **① ③**
- ▶ In addition to educating students, focus on linking youth with community resources. **① ② ③**
- ▶ Seek to engage parents at every opportunity through back to school night, parent-teacher conferences, parent groups, etc. **① ② ③**
- ▶ Fully implement the health curriculum in middle school and high school with adequate time for the subject and qualified teachers. **① ② ③**
- ▶ Ensure that all students have access to school-sponsored activities, resources, and supplies regardless of their ability to pay. **① ③**
- ▶ Provide opportunities for students to interact with peers from other schools. **② ③**

Businesses

- ▶ Underwrite specific activities and programs such as anti-depression walk-a-thons, poster contests or public awareness campaigns. ① ②
- ▶ Employ youth as part-time employees or interns. ①
- ▶ Be family-friendly with normative business practices that support families. ② ③
- ▶ Recruit employees to participate in mentoring programs for youth. ① ③
- ▶ Use the Chamber of Commerce as a link between businesses and community agencies to broaden support for youth and families. ① ②

Faith Communities

- ▶ Strengthen families through traditional congregation activities as well as new activities designed to bring teens and parents together. ① ② ③
- ▶ Develop youth leadership through mentorship, youth groups and leadership trainings. ③
- ▶ Educate parishioners about youth health and the YRBS. ① ② ③
- ▶ Start a youth pastors network. ①
- ▶ Recruit and train more caring, non-judgmental adults to participate with youth. ① ③
- ▶ Expand outreach to parents, create successful recreation opportunities for youth and serve diverse populations. ① ② ③
- ▶ Partner with other community entities to provide programs that engage you (i.e. poetry slams, service projects, recreation events, etc). Invite all youth to come. ② ③

Community Agencies

- ▶ Align work with the recommendations contained in the YRBS report “Building Connections, An Action Plan for the Boulder Valley to Help Teens Build Healthier, Happier Lives”. ①
- ▶ Share assets with the community – space for meetings, facilitators for groups. ① ②

- ▶ Reach out to youth and make yourself attractive and available. ① ③
- ▶ Recruit and train more caring, non-judgmental adults to participate with youth. ② ③
- ▶ Incorporate support for parents into all programs that serve youth. ② ③
- ▶ Sponsor family oriented events. ② ③
- ▶ Develop volunteer opportunities and internships for youth and adults who wish to work with youth. ③
- ▶ Be more intentional, coordinate with other agencies, avoid overlap, don’t reinvent the wheel. Focus on developing services that fill the gaps. ③

Government

- ▶ Support parents by serving as a model for the community with family-friendly work practices and non-discrimination policies. ① ② ③
- ▶ Increase investments in successful youth and family programs, transportation to enhance access to programs, recreation and library programs that serve youth. ① ②
- ▶ Keep the health of youth and the YRBS on the public agenda. ① ②
- ▶ Disseminate information contained in the YRBS report “Building Connections, An Action Plan for the Boulder Valley to Help Teens Build Healthier, Happier Lives” to all aspects of the community reached by government services. ① ② ③
- ▶ Enforce alcohol-related regulations and laws. ②
- ▶ Continue collaborative and coordinated efforts among governmental and community partners to address youth issues. ① ②
- ▶ Provide affordable family housing to decrease the negative impacts of multiple moves on low income youth. ① ② ③

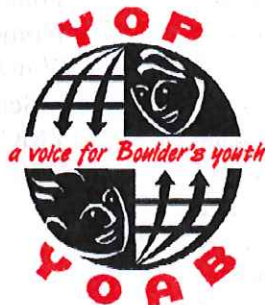
Volunteering is . . .



Fun!

Helpful!

Rewarding!



**Compiled by the City of Boulder's
Youth Opportunities Program**



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About the Minimum Age Categories...

The minimum age is the youngest age of volunteer the organization will accept. This booklet is organized into the following categories:

▲All Ages (begins on pg. 1) ▲Minimum Age 14 (begins on pg.57) ▲Minimum age 15 (begins on pg.79) ▲Minimum age 16 (begins on pg. 7). The "all Age" category will take volunteers as young as elementary school and as old as a senior in high school.

Volunteer Possibilities for Youth

Possibilities are listed by age categories. We try to keep this info current, but can't guarantee that folks need volunteers right now. Most organizations listed have more volunteer opportunities than can be listed here. Call the contact person to see what's available now.



All Ages

Boulder County AIDS Project (BCAP)

2118 14th Street (14th Street, Downtown)

303.444.6121

Contact: Sarah Annecone
Sarah@BCAP.org

Volunteer projects vary depending on what BCAP has going on at that time. Some examples of types of service would be putting together safer sex kits or stocking groceries in the Food Bank. Call for more details.

Boulder County Head Start

3650 Martin Dr.

303.554.1013

Contact: Brenda Gochanour
bgochanour@co.boulder.co.us

Head Start pre-school needs volunteers to help with child care and to read and play with children.

Boulder County Sheriff Department

1777 6th St.

303.441.1752

Contact: Jennifer Quilling

The Sheriff Department needs young members of the community to sit in a restorative justice circle. Must be able to speak up and participate. They meet once a month in the evening for 1-2 hours. Call for more information.

Boulder Expand Program

3198 Broadway

303.413.7217

Contact: Maura Smith
Boulderparks-rec.org

Volunteers are needed to assist children, youth, and adults with disabilities with recreational activities, hobbies, crafts, and gift making. Volunteers must be at least 12 years old.

Boulder Public Library

1000 Canyon Blvd.

303.441.3114

Contact: Grayson Hardman

Some examples of volunteer service include children's special events, summer events, book sales, concerts, cultural events, reading projects, and many more.

Boulder Senior Services

303.441.4388

Contact: Sandy Hollingsworth
hollingsworths@bouldercolorado.gov

Volunteer with seniors! Can you carve out part of a day or weekend to do some one-time or ongoing help such as yard work, fence painting, walking dogs, window washing, reading mail, etc.? A lot of local seniors would appreciate your help. They will arrange supplies if they are needed.

Boulder Shelter for the Homeless

4869 North Broadway

303.468.4316

Contact: Gina Barajas
gina@bouldershelter.org

You can support this organization by helping with meals, laundry, maintenance, handing out toiletries such as towels and soap, and general cleaning. Anyone under the age of 18 must be directly supervised by an adult volunteer, and any children who accompany adult volunteers must be at least 12 years old.

Colorado Shakespeare Festival

CU – Boulder Campus

303.492.1973

Contact: Melinda J. Scott
Melinda.scott@colorado.edu

The Shakespeare Festival is seeking volunteers for ushering during the summer. Duties include taking tickets, helping patrons, answering questions, and picking up trash after the show. As a treat you are given a seat to the performance at which you volunteer!

Colorado Youth Program

1906 13th St., Suite 205

303.402.9656

Contact: Mary Schmitt or
Will Minehart

Boulder County youth, ages 11-17, are invited to make a connection with their community by volunteering with like-minded young people. Volunteer activities are in partnership with other area agencies, including the Humane Society, Eco-Cycle, Boulder County Parks & Open Space, and Growing Gardens. Helping the environment is especially fun when you're also making new friends!

Community Food Share

6363 Horizon Lane
Longmont, CO

303.652.3663 x202

Contact: Sue Ericson
sericson@communityfoodshare.org

Volunteers work in the Community Food Share warehouse sorting, organizing, and counting cans of food that will be donated to people who are in need. Volunteers must be at least 12 years old.

Cure Organic Farms

7416 Valmont

303.666.6397

Contact: Ann Cure
www.cureorganicfarm@yahoo.com

This is a totally organic farm which grows vegetables. Cure is open to volunteers April – October. You need to be self-motivated, energetic, and love getting your hands dirty. They also raise animals for fiber and meat.

Eco-Cycle

5030 Pearl St.

303.444.6634

Contact: Caroline Mitchell
www.ecocycle.org

There are three primary areas for volunteers. Be a Zero Waste advocate by becoming a Block Leader in your neighborhood. Twice a year visit your neighbors to answer recycling questions and share the newest recycling news. The second option is becoming a Recycling Ranger. This person assists recyclers at the Boulder County Recycling Center. This includes getting their recyclable materials from vehicle to bin and answering questions. Third, is the Special Event Coordinator which can include staffing an educational table with games at festivals and fairs, helping to sort materials and educate visitors at Zero Waste events, or to help out at special collection events.

Emergency Family Assistance Association

1575 Yarmouth Ave.

303.951.7663

Contact: Shalon Atwood

Volunteers can help with various activities such as organizing the food pantry, weighing donations, conducting inventory, running after school activities for shelter residents, yard work, organizing drives and birthday boxes. Volunteers who are 16 yrs or older can help in the office with mailings or data entry.

Family Learning Center3164 34th St. (across from Sutherland's)

303.442.8979

Contact: Eric Schmidt

This agency runs an after school program and summer program at the San Juan del Centro community. They need volunteers who can help youth with homework, reading, and computer skills.

GASP of Colorado (Group to Alleviate Smoking Pollution)

2885 Aurora, Suite 37 (East Boulder, near the high rise CU dorms)

303.444.9799

Contact: Pete Bialick

www.gaspforair.org

This agency needs volunteers to help with office work such as filing, stuffing envelopes etc. Occasionally, you can do the work from your own home in your spare time!

Global Response

3546 East Pearl Street

303.444.0306

Contact: Paula Palmer

Global Response is an environmental action and education network. They take action by writing letters to specific officials who have the power to make positive environmental changes. Volunteer opportunities include, but are not limited to, helping with monthly mailings, stuffing envelopes, labeling, and many other seasonal events. Volunteers must be at least 13 years old.

Growing Gardens

3198 N. Broadway

Location: Near the intersection of Broadway & Iris

303.413.7248 x-5

Contact: Julie Finley

This organization manages a variety of garden projects such as the Community Garden, the Peace Garden for Children, and the Cultiva! teen garden. Volunteers are needed year round for projects ranging from planting seeds, harvesting, tending the garden, greenhouse maintenance, and general office work.

Hands and Voices

303.492.6283

Contact: Janet DesGeorges
Janet@handsandvoices.org

This non-profit organization works with people who are hearing impaired. Volunteers are needed for general office work such as data entry, mailing, and filing.

Humane Society2323 55th Street

303.442.4030 X-654

Contact: Sara Horn

You can socialize with animals (e.g. playing with them, brushing them, bathing, exercising, etc.) or you may assist in the clinic. Volunteers must attend an evening training session before starting service (these occur monthly). Some volunteer opportunities do not require training. Call for more information. If you are under age 15, you must be with an adult 18 or over.

ICEBUSTERS

303.441.3157

Contact: Sherry Marrazz

Volunteers are needed to help senior citizens and physically disabled residents in Boulder shovel their sidewalks after each snow fall.

Jewish Community Center

3800 Kalmia Ave.

303.998.1900

Contact: Linda Lowenstein

This cultural center needs volunteers who are able to help with occasional special events (ie. setting up chairs, serving refreshments, helping with mailings) and landscaping.

Manor Care Health Services

2800 Palo Parkway (just north of Iris on 28th)

303.357.3304

Contact: Lisa Slota

This senior center needs volunteers to help residents participate in activities and special events.

Mary Sandoe House

1244 Gillaspie Dr.

303.494.7317 ext. 15

Contact: Carol Dionisio

This is an assisted living community for elderly people. They need volunteers in the Activities Department to help with crafts, games, and other forms of entertainment.

New Era Colorado

2025 16th St.

720.565.9317

Contact: Carrie Jackson

Carrie @NewEraColorado.org

New Era Colorado is reinventing politics for our generation through innovative social and political action. Help us reach out and get young people involved in the political process.

OpenArts

1301 Spruce St.

303.444.1862

Jane Saltzman

mail@openstudios.org

We love teenagers! OpenArts, a non-profit visual arts organization, uses volunteers to help with our fun events including the Spring Art Fair in May, Fall Artist Tour in October and Holiday Market in December and various art openings at our gallery in Rembrandt Yard. We also offer children's art classes at Clementine Studio in Boulder. Volunteer duties may include helping artists set up booths, working in our information kiosk, assisting children during art classes and other art activities, setting up and serving at our public receptions and helping our staff with mailings and other office tasks.

Rocky Mountain Peace & Justice Center

3970 Broadway, Suite 105

303.444.6981 X-1

Contact: Betty Ball

info@rmpjc.org

Various volunteer opportunities exist at this nonprofit organization related to peace, justice, and non-violent social change. Projects can range from creating leaflets & stuffing envelopes, to organizing rallies.

Safehouse Progressive Alliance for Nonviolence

9th Street, near North Boulder Park

303.449.8623

Contact: Nancy Chavez-Porter
Nancy@safehousealliance.org

This organization provides a safe space for women and children who have experienced domestic violence. They need volunteers to do regular office work, cleaning projects and possibly yard work. A 30 minute presentation about the agency is included.

StandUp For Kids

2205 Broadway

303.601.6471

Contact: Ilene Blum
boulder@standupforkids.org

StandUp for Kids is an outreach program that assists at-risk and homeless youth. Some of the volunteer opportunities include collecting clothing items such as jeans, tops, coats, hoodies, backpacks, and hygiene products. Volunteering can be done individually or in groups.

Volunteer Connection

2885 Aurora Ave, Suite 32

303.444.4904

Contact: Sue McCullough
staff@volunteerconnection.net

Assist with labeling envelopes, answering phones, a quarterly mailing, stapling, and other special projects.

Women's Wilderness Institute

5723 Arapahoe Ave., Suite 1B

303.938.9191

Contact: Lori Mathews
Lori@womenswilderness.org

This organization runs outdoor programs for women and girls. Volunteers are needed to help with office work, sorting outdoor gear, etc.

Minimum Age 14

Audio Information Network of Colorado

2200 Central Ave., Suite A

303.786.7777 X103

Contact: Kat Lindgrin
AINC@AINColorado.org

This service produces audio format of local area newspapers for people who are blind or visually impaired. Fluent Spanish speakers are especially welcome. Volunteers must commit for a minimum of one year.

Boulder Community Hospital

1155 Alpine, Suite 295

303.440.2137

Contact: Lyn Erickson

Many volunteer activities are available throughout the year and summer, some of which include helping with patients, providing information, and making deliveries. A complete booklet of volunteer activities is available in March at the west end of Community Hospital on Broadway.

Boulder Day Nursery

1518 Spruce St.

303.442.7605

Contact: Bethany Burns

Help teachers introduce children to various activities such as crafts and play time. Engage infants by rocking, feeding, reading, etc.

Boulder Parks and Recreation Department
3198 North Broadway

303.413.7245
Contact: Mary Malley

Volunteers work in city parks removing trash and weeds, and performing light maintenance.

Center for People With Disabilities
1675 Range St.

303.442.8662 x123
Contact: Elaine Senko

Volunteer opportunities include helping in the office, cleanup, and yard work. Call for more information.

Eldora Special Recreation Program

303.702.0748
Contact: Lorna Kowal
Lorna.Kowal@yahoo.com

Teach skiing to people with all types of disabilities. Season lasts from early December through late March. On snow training if offered and required by the program. Volunteers receive a free pass for each day of teaching.

Elementary Spanish Program
1919 14th Street, Suite 421

303.440.7196
Contact: Hanne Brondum

Enthusiastic bilingual persons are needed to teach or assist teachers in small Spanish classes for children. Volunteers are needed before or after school twice a week at schools in and around the Boulder area.

Habitat for Humanity
2450 Frontier Ave., Suite 109

303.447.3787
Contact: Erin Teague
www.flatironshabitat.org

Help out at their thrift store in Broomfield or help eliminate poverty housing and homelessness by building decent, affordable homes. No construction experience is required! You must be 14 years and older to work at the thrift store and 16 and older to work at a construction site.

Mustang Center
10459 Dillon Rd.
Louisville

303.250.8787
Contact: Linda Raulino
Themustangcenter.com

This organization teaches people to ride horses. Some of the volunteer activities include learning about horses by cleaning stalls, horse grooming, horse leading, helping teachers, and helping with special projects.

New Horizons Co-Op Preschool
1825 Upland

303.442.7434
Contact: Isolde Hathaway

Work one-on-one and in small groups of children assisting with reading, games, and art projects. Help children develop strong social skills such as sharing and conflict resolution.

Minimum Age 15

American Red Cross

444 Sherman St., Denver

303.722.7474

Contact: Connie Dixon
www.denver-redcross.org

Help CPR instructors teach classes. Classes are held throughout the Denver metro area. Please use their web site for the most current information about our organization and volunteering.

Anam Chara Home

1795 Quince

303.443-0110

Contact: Ellen Fox

Volunteer activities include helping out at dinner time, serving meals, or assisting care giver on duty in this small group home for seniors. You can assist the on-duty care giver with the preparation, serving, and cleaning up of lunch or dinner meals. You can also provide one-on-one companionship to our residents or share musical or artistic talents with them. Could possibly be a school or group project.

Boulder Valley School District

All Boulder Valley elementary, middle, and high schools can use volunteers to work with students in after school and weekend programs. If interested contact the principal at the individual school.

Uni Hill Elementary School

956 16th St.

303.442.6735

Contact: Edmee Ortiz

Be an elementary classroom volunteer tutoring, mentoring and facilitating small group activities. Bilingual in Spanish preferred.

YMCA

2850 Mapleton Ave.

303.442.2778 x2990

Contact: Michelle DuVernay

Volunteers are needed to help at the front desk, be child watchers, and youth sports officials and coaches. Volunteer applications are required and can be picked up at the YMCA's main lobby.

Minimum Age 16

Boulder Philharmonic Orchestra

2995 Wilderness Place, Suite 200

303.449.1343 x113

Contact: Meagan Ball
maegan@boulderphil.org

The bulk of the Boulder Philharmonic Orchestra's (BPO) volunteer opportunities occur during its concert season (typically October through April). During the concert season, the BPO needs volunteers to post flyers throughout Boulder, help with mailings, work at Will Call or the Welcome Table the night of a concert. Volunteers may receive concert tickets in exchange for their work.

Colorado Chautauqua Association

303.952.1632

Contact: Julie Pomerantz

Help the educational and cultural programming staff with clerical support.

Colorado Therapeutic Riding Center
11968 Mineral Road, Longmont

303.652.9131
Contact: Erica Elvove
volunteer@CTRCinc.org

Volunteers are the backbone of our program. Training is offered. Volunteers should be available a minimum of 2 hours per week and can assist riders by horse leading or side walking with guidance and direction of an instructor. Must be at least 16 years old.

Front Range Rescue Dogs

303.441.4985
Contact: Jeff Sparhawk

Help train dogs for search and rescue work by playing "victim" for teams to find. Front Range Rescue dogs is an all-volunteer group that uses dogs to help find people who are lost. FRRD trains on Monday evenings and Saturday mornings. Individuals who would like to help us train need to be mature and comfortable in the outdoors and working with dogs. We will conduct a brief phone interview and then provide any applicant under 18 years of age with the necessary parental permission forms.

National Audubon Society

303.772.3239
Contact: Linda Ades-Georges

Prepare and present indoor and outdoor environmental education programs to groups on topics related to ecology.

Rocky Mountain Rescue Group

303.449.4141
Contact: Adam Fedor

Participate in year round training to help on-call mountain rescue volunteers. May also speak about mountain safety to various groups. Volunteers must be at least 16 years old and able to volunteer 3 hours per week.

Univ. of Colorado Museum of Natural History
Henderson Bldg, (N. side of Broadway between 15th & 16th)

303.492.6892
Contact: Kory Katsimpalis
CUMuseum.colorado.edu

Give guided tours and lead workshops for school groups in the museum's five galleries (Dinosaur, Anthropology, Biology, Temporary Exhibits, and Discovery Corner). Tours and workshops include hands-on activities and participation in special events at the museum. An application is required and is available on their web site.

Wynwood At Ridge Point
Brookdale Senior Living
3375 34th Street

303.473.0333
Contact: Jessica O'Leary

Adopt a "grandparent" and work one-on-one or in small groups with seniors. Enrich the lives of older adults in a safe and fun environment. Activities include going for walks, art, music, baking, and many others.

YWCA Children's Alley
2222 14th St.

303.449.1951
Contact: Sadie Hendrickson

Volunteer activities include reading and playing with children. You can also assist in the kitchen and grounds or do light cleaning.

If you have questions.

For questions about a specific agency, call or email the contact person listed. If you don't hear back from them in 3 days, try again. If you still need help call Rose at the City of Boulder, Youth Opportunities Program, 303.441.1911.

Not sure how to set up volunteer work? see other side of this page

About this list

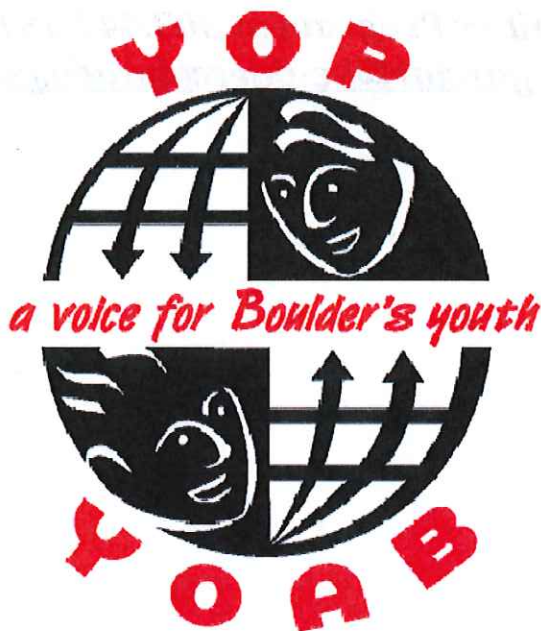
We try to keep this information current, but we can't guarantee that it is. If you learn that anything on this list is inaccurate, please call us at 303.441.1911, or email Rose at garciar@bouldercolorado.gov.

For more volunteer info.

Much of the information listed here was found at The Volunteer Connection (303) 444-4904, staff@volunteerconnection.net. They may have other ideas of where you can do volunteer service in addition to what you find here.

For more information about the City of Boulder Youth Opportunities Program

Go to www.yoab.org or call Rose at 303.441.1911.



Not sure what to say to set up your volunteer work?

1. Look over this list of opportunities, and choose 1 or more that sound interesting to you. Think of what questions you have about volunteering there.
2. Call the phone number listed. The “contact” person’s name is who you ask for. If that person no longer works there, or isn’t in, ask if there is anyone else you can talk to about volunteering.
3. Sometimes you might need to leave a message. You could say, “My name is _____, I am interested in volunteering. Please call me at _____ (phone #).”
4. When you talk to a person, tell them your name, why you would like to volunteer at that particular place, and how many hours you want to volunteer.

You can ask them any questions you have, and they might ask you some (such as your age, what you’re interested in doing, and when you can come in). You may want to go visit the place. Decide if it sounds like a place you’d like to volunteer.

5. Once you decide where to volunteer, you might want to write down where you need to go and when, and the name and phone number of the person you’ll be volunteering for to help you remember

If you get stuck or need help, call Rose at the City of Boulder Youth Opportunities Program at 303.441.1911, or email her at garciar@bouldercolorado.gov