

# R.I.S.K.- Sonoma

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A Parent Support Network

# Background

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- R.I.S.K. Sonoma - A Parent Support Network (Resources, Information, Support and Knowledge), is fiscally sponsored project under the non profit under Inquiring Systems, Inc., dedicated to helping families connect with resources.
- The founder Leslie Nicholson began this initiative in 2015 after her family experienced a series of challenges with their teenage son.
- Our structure and services are designed to help us to become advocates for parents and children in difficult issues like substance abuse, bullying, academic issues or even trouble fitting in school. Parents often find themselves in difficult situations with their children, and have no place to turn. R.I.S.K offers a place to turn when parents need another parent to talk to and a connection to the resources that are needed to get answer and support from professionals.
- Our goal, together with the community and our non profit partners, is to continue to be proactive in bringing issues to the forefront. Through education, professional panels and open discussion, we hope to be able to give parents and students the resources and knowledge they need to navigate the issue they are going through.

# Former Presentations/ Topics

## R.I.S.K.

### SONOMA

RESOURCES, INFORMATION,  
SUPPORT & KNOWLEDGE

**NEXT MEETING!**

**HOW TO KEEP  
YOUR KIDS & TEENS  
SAFER BY KEEPING  
THEM ENGAGED**

**WHEN**

**Oct 15/Wed  
7:00pm-8:30pm**

**WHERE**

**Krug Center/Best Western  
550 2nd St West, Sonoma**

**WWW.RISKSONOMA.COM  
RISK95476@YAHOO.COM  
707-501-7891**

**FOR PARENTS,  
CAREGIVERS &  
PROFESSIONALS**

**FREE**

**SPEAKERS:**

Dr. Charles DeTorres,  
Pediatrician  
Niki Gibbons, LMFT  
Patrick Hoffman,  
Sonoma Taekwondo  
Cristin Lawrence,  
Sonoma Teen Center  
Rob Wilson,  
Sonoma Old School  
Patricia O'Reilly,  
Sonoma Conservatory  
Of Dance

**THANKS TO OUR  
MEETING  
SPONSORS**  
Best Western Sonoma  
Whole Foods Sonoma

**Parenting in the Age of Prescription Drugs**  
*Free Education Event  
for Parents, Guardians, Mentors & Community Members*



**1/31/18  
6:00-8:00 pm**

**SVWS College & Career Center**

The event will begin with a powerful presentation by CVS Health that includes the video, "One Choice." The CVS Health presentation will be followed by a facilitated discussion with a panel of local experts including law enforcement, health professionals and personal testimonials.

*Food, childcare and Spanish translation will be provided!  
This is the first in a series of 4 free education events for  
parents, guardians, mentors & community members.*

**CVSHealth**



**R.I.S.K.  
Sonoma**



**HEARTSGATE  
PRODUCTIONS, INC.**



**THE SEBASTIANI  
THEATRE**



**Present**

The Award-Winning documentary film, *The Other Side of Cannabis: Negative Effects of Marijuana on Our Youth*



**Sunday, November 12, 2017**

**Sebastiani Theatre \* 4:00-6:00 PM**

The Award-Winning film, *The Other Side of Cannabis: Negative Effects of Marijuana on Our Youth* was created by ordinary citizens with no political or economic affiliations or interests, other than bringing attention to the negative effects of marijuana on our youth—in order to make an informed decision to use marijuana, the importance of knowing the potential risks. The film is not about legalization or medicinal use.

# Former Presentations/ Topics



COMMUNITY PRESENTATION ON:

## SOCIAL MEDIA

Thursday February 27th 6pm-7pm  
Adele Harrison Middle School

Translation & Childcare provided



PARENTING IN THE AGE OF

## ANXIETY & DEPRESSION

Free Education Event for Parents,  
Guardians, Mentors & Community  
Members  
Snacks, Child-care and Spanish  
Translation will be provided.

PRESENTATION BY LICENSED MARRIAGE  
& FAMILY THERAPIST, VICTORIA ROHRER  
FOLLOWED BY FACILITATED DISCUSSION  
WITH EXPERT PANEL

Thursday, April 11 from 6-8 PM  
Altimira Middle School Band Room



Parenting in the Age of Social Media

Your Education Event  
for Parents, Guardians, Mentors & Community Members  
Snacks, Child-care and Spanish Translation will be provided.



3/23/19

6:00-8:00 pm

Altimira Middle School Band Room

Digital Media expert, Kerry Rego, will be educating parents about social media tools, online safety, bullying, critical thinking, and healthy solutions. If you are concerned or worried about your child's online behavior, please join us to learn, ask questions and get actionable ways you can better protect your child. The presentation will be followed by a facilitated discussion with Kerry Rego and SVUSD School Resource Officer Eric Smith.



R.I.S.K.  
Sonoma

# Former Presentations/ Topics

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Binge Drinking presented by Shelby's Rules





# Former Presentations/ Topics



Present  
**Listening to our Community Needs-  
 Mental Health Resources for Youth, Young Adults and Families**

Special thank you to:  
 Moderator, Maite Iturri, MA Educational Leadership  
 Consultant, Jeni Olsen, from Napa Mentis & founder of Teens Connect

Saturday, March 5th - 10am to 1pm - Hanna Auditorium  
 Registration/Breakfast - 9:30am  
 Lunch provided  
 RSVP [risksonomavalley@gmail.com](mailto:risksonomavalley@gmail.com)  
 Bilingual event-English/Spanish

## TEEN WELLNESS CAFÉ<sup>sm</sup>

Wednesday, May 4, 2:30-4pm  
 AT HANNA BOYS CENTER

Do you feel anxious or overwhelmed  
 by school or life? Do you feel like the  
 people in your life don't understand you?

Please join us for a community  
 discussion, to hear from your  
 peers who feel the same way,  
 and to learn tools to manage  
 anxiety, stress and depression.

Snacks  
 will be  
 provided

A COLLABORATION BETWEEN



## SUICIDE PREVENTION TRAINING



Free & Open to the Community

### Your Role in Suicide Prevention

Everyone has a role in preventing suicide in the community. Learn from the professionals and take part in a community discussion.

Wednesday, September 21, 2022  
 3:30-4:30pm Youth Organizations  
 6:00-7:30pm Community Training & Vigil  
 Sonoma Community Center  
 Room 110  
 276 East Napa Street  
 Sonoma CA, 95476

This event will include a presentation from Buckelew's Suicide Prevention Program team. Learning objectives include:

- Understanding the stigma
- Understanding the signs
- Asking for help
- Moving ahead with help

There will be a community vigil in the SCC Secret Garden after the 6:00 pm session.

### Who Should Attend?

Parents, Grandparents, Family/Friends, High School/College Students, Educators, First Responders, Youth Service Providers, Health Care Providers, Nonprofit Organizations, faith-based organizations

RSVP Questions? Contact Vanessa Rognlien at [vanessa@svyfs.org](mailto:vanessa@svyfs.org) or 310-714-2386

Help is available  
 24/7  
 Call 988



Sonoma Valley  
 Youth & Family  
 Services

sonoma  
 community  
 center  
 Buckelew  
 Programs



# Current Issues

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- During the pandemic in addition to isolation, mental health issues escalated amongst youth, creating concern with parents and community.
- Over the past year, R.I.S.K.-Sonoma is working collaboratively with community partners such as Sonoma Valley Youth and Family Services and Hanna Boys Center Mental Health Collaborative, and other local non-profits.
- In addition to mental health issues, other issues of concern are school safety, prescription pill and fentanyl overdoses, binge drinking, and social media influences.
- R.I.S.K.-Sonoma plans to work this year to establish an on-going monthly parent group as well as community forums to address local parent concerns about issues their teens are dealing and being influenced by on a daily basis.
- RISK is grateful to the support of its various partners, sponsors and Supervisor Gorin's office.

# Q & A

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# Contact

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[www.risksonoma.org](http://www.risksonoma.org)

Leslie Nicholson

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[www.facebook.com/safekids95476/](https://www.facebook.com/safekids95476/)