

“Working toward a brighter future by promoting, modeling, and teaching positive life choices”

ORDER OF BUSINESS

1. Roll Call -
2. Distribution and Approval of the Minutes of the preceding meeting → __motion __ second
3. Distribution and Approval of the Treasurer’s Report: **\$4,122.38** → __motion __ second
4. Reports of Committees -
5. Reports of Officers -
6. Old Business – (since last meeting)
 - a. CPAC/HAPT cookout connection in June (no CPAC official meeting in June)
 - b. C3 Mentoring - Mentor Orientation - Confirmed @St. Luke’s (San Jose) Mon.Aug 14th @ 6:30pm
7. New Business
 - a. Chestnut Health Systems Team

b. Prevention Plan overview 23-24 (our typical prevention projects)

COMMUNITY	HIGH SCHOOL	MIDDLE SCHOOL	GRADE SCHOOL	C3 SOPH. MENTORING
Your Actions Matter Sticker	Back to school Orientation	Back to school Orientation	LINKS / Character Champ.	(year 13) Class of 26
Rx Take Back	Student Leaders Dev. Prog.	Too Good for Drugs	Events support (Carnival?)	Character Development
Website / Social Media	Positive Messages/SPORTS	Positive Messages/SPORTS	Musicals	
	Positive Prom / Red Ribbon	Hidden in Plain Sight		

c. 2023-2024 prevention plan / efforts - upcoming

- Fall Prevention Projects:

Illini Central Orientation *6th GR on Mon 8/7 6pm *FR on either 8/8 or 8/9 (pending) 6pm

CPAC/Chestnut Table: Message _____ Items _____ Slides _____

- STUDENT LEADERSHIP DEVELOPMENT PROGRAM:**

-5 completed the form!

- Welcome meeting August 10th @ 3:15

- Overview and Expectations for the year (see previous notes attached)

- *idea* [HTTPS://JONACUFF.COM/PLAYLIST/](https://jonacuff.com/playlist/) “Your New Playlist” by Acuff

JULY 13 MEETING PLAN Orientation Plan / C3 Mentor Prep+*Orientation?* / Student Leader Plan

AUGUST 10 MEETING PLAN Student Leader Welcome / Fall Prevention Plan / Red Ribbon October

- IGA - CPAC **Cookout** Saturday, August 12th [9:30-1:15] _____

8. Confirmation of next meeting date(s): _____ **3:15pm** at Library + Zoom (8/10, 9/14 ...)

9. Adjournment _____ motion _____ second

1)STUDENT LEADERSHIP DEVELOPMENT PROGRAM: recommendation Mentors + “shoulder tap” SCRIPT: We’re approaching sophomores about a student leadership opportunity our CPAC group is developing. I believe in you and think you’ll be a good fit for the program we’re starting next year. Basically we’re looking for students to come alongside our positive choice efforts to provide a student perspective. We’re even working on scholarship opportunities connected to the program. We’ll be sharing more next month, but I think you should consider it once we hear more about it. SUGGESTED NAMES: Lauren Harms // Taylor Keihn // Macy McLaughlin // Krislyn Dietrich // Nevaeh Lusher // Isabel Shields // Ethan Green

2)STUDENT LEADERSHIP DEVELOPMENT PROGRAM: recommendation Mentors + “**DIRECT EMAIL (school email)** Congratulations! You have been selected as a student we’re approaching about a student leadership opportunity our CPAC group has developed. We are a local non-profit promoting positive teen choices. Your participation in the C3 Mentoring program caught the eye of our mentors. We believe in you and think you’ll be a good fit for the program that we’re starting in the Fall. We’re looking for students to come alongside our positive choice efforts to provide a student perspective. We’re even working on scholarship opportunities connected to the program. We just need you to complete this basic Google [Form](#). Here’s a little more info on the program that will start in August:

WHAT--> CPAC - Student Leader Development Program

WHY-->Citizens for Positive Adolescent Choices is looking for Illini Central High School Junior/Seniors to give a student perspective on our group’s efforts to promote positive teen choices, when it comes to teens avoiding drugs and alcohol.

HOW CAN I HELP--> Participate in 5 meetings or events throughout the school year. Our meetings will be beginning for the school year on **August 10th 3:15pm** at the Mason City Public Library and last about an hour. Future CPAC meetings are at 3:15pm on the 2nd Thursday of each month. We will also be planning several events to get involved with.

WHY SHOULD I HELP-->

- Community Service **Hours**.
- Promoting** a bright future of positive life choices at IC.
- Great **resume** builder for applications for work or college.
- Become familiar with the inner-workings of a **non-profit**.
- Potential for **scholarships** after graduation.

Take a few minutes to fill out the [FORM](#) to get enrolled and we will see you on August 10th!

Lauren Harms // Zoey Thomas // Krislyn Dietrich // Nevaeh Lusher // Isabel Shields (these 5 completed form)
Ethan Green// Macy McLaughlin

3)MINUTES SUMMARY: At the year end event, the opportunity will be presented to all of the sophomores. Scholarship Applications will be open to any student who plans to further their education in some way. The application would be for a **one year position** on the board, but the student(s) would be welcome to continue for a second year if they choose. The application would include an **essay** on future plans and why positive choices are important. (1) \$500 scholarship or possibly (2)\$300 scholarships would be offered for a commitment of **5 out of 9 meetings or prevention events.**

To fine-tune our presentation to the students, let's as a group discuss:

Why does CPAC want this?	What is the program?	What are the expectations?	Why would students be interested?

*Created Google Form 05.01.23

NOTES: _____

C3 Discussion Points:

- Class of 26 estimated 45 students / 20-22 mentors MORE NEEDED: _____

CLASS OF 2026

- || Access:** available on-campus, in-person. Google Classroom access
- || Method:** In-person / using Advisory for Pod formation online Google Classroom access
- || Space:** Gym in chairs
- || Planning:** C3 Planning Committee on Zoom
- || Structure:** Monthly in _____ Pods during the time slot of **1:05-1:45 pm**
- || Training:** STAGE **12:30** Mentoring Meeting // **Possible Topics:** _____
- || Dates:** first Wednesdays (8) DATES: 9/7, 10/5, 11/2, 12/7, January Event, 2/1, 3/1, 4/5, 5/3
- || Mentor List** COMPLETE

DEVELOP C3 “PLAYBOOK” - archive of past and current content

C3 Content Sketch

- September Connection / Pod Mixer / Interest Survey / Ice cream @ Park
- October Responsibility -**SMARTer goals (1MO)**
- November Respect SMARTer Goals - update, **COMMON GROUND / JUST LISTEN - 4 Topics**
- December Kindness Pick-a-side icebreaker / Ornaments, Discussion Sheet
- January (Coffee & Connect) @ school First avail. Wednesday of January (same time)
- February Integrity** Pizza Activity TO DO: _____
MOTION / APPROVAL NEEDED: C3 *Casey's Pizza* _____
- March Self-Discipline** Ideas: ~~Phone Challenge for March~~ / Krispy Kreme (like marshmallow test)
- April Perseverance** Ideas: **Sour Candy / Puzzle Piece** / Climbing Wall
Discussion Guide Complete
- May3 Year-End** Lunch + Activity / Planning Committee /

OTHER C3 Mentoring NOTES: