PLACER COUNTY YOUTH COMMISSION MEETING AGENDA

MEETING NAME: PCYC Bi-Monthly Meeting

MEETING DATE & TIME: October 21, 2026, 6:30-8:30pm

MEETING LOCATION: Rocklin Public Library - 4890 Granite Dr, Rocklin, CA 95677

1. **6:30 PM** **WELCOME**

2. **6:30-6:35 PM** **PUBLIC COMMENT:**
   - n/a

3. **6:35-6:50 PM** **GET-TO-KNOW-YOU/TEAM BUILDING ACTIVITY:**

   Dolphin Training
   - 1 person goes into a separate room and the rest of the group decides an action she needs to complete to win the game.
   - To know whether they're close to the game they yell yes or no at them.

4. **6:50 - 7:20 PM** **PRESENTATION:**

   Placer Country Public Health - Healthy Aging
   - Age friendly public health system
   - Virtual dementia tours
   - Community presentations and outreach
   - Fraud prevention
   - Project lifesaver - Auburn, Rocklin, + Lincoln PD
   - Interdepartmental partnerships

   - HOLIDAY CARD PROJECT:
   - decorate cards
   - uplifting messages; no get-well sentiments

5. **7:20-7:30 PM** **ADVISOR UPDATE:**

   YOUTH SUMMIT
   - Substance abuse breakouts
   - Mental health breakouts
   - Addiction breakouts (gambling, nicotine, etc)
   - General Sessions (public speakers personal stories)

- Differently aged speakers sharing difference experiences they had endured
-

6. **7:30-7:50 PM** **MEET & GREET PREPARATION:**

NEXT WEDNESDAY, OCTOBER 28TH

- each subcommittee has their own presentation, 3 slides each
- Be there @ 5:30; presentations @ 7
-

7. **7:50-8:28 PM** **BREAK INTO SUBCOMMITTEES*:**
   a. Set goal & action steps
   b. Create meet & greet slides

8. **8:28-8:30 PM** **REPORT BACK:**
   a. Life Skills
      i. Notes:worked on agenda slides
   b. Mental Health
      i. Notes:worked on agenda slides, drafted emails for podcast, finding direction of our podcast and upcoming meetings
   c. Substance Use Prevention
      i. Notes:Posted and worked on agenda slides

*Don't forget you can meet with your subcommittee more than the scheduled meetings & let advisors know if you need any assistance