

PLACER COUNTY YOUTH COMMISSION

MEETING AGENDA

- MEETING NAME:** PCYC Bi-Monthly Meeting
- MEETING DATE & TIME:** September 18, 2024, 6:30-8:00pm
- MEETING LOCATION:** Rocklin Public Library - 4890 Granite Dr, Rocklin, CA 95677
Zoom: <https://us02web.zoom.us/j/89376352813?pwd=10r4TTPer1rG5Jg3UMizCoiWd7UEk.1>

1. **6:30 PM** **WELCOME**
2. **6:30-6:35 PM** **PUBLIC COMMENT:**
Please limit comments to 3 minutes per person. This is an opportunity for members of the public to address the Youth Commission on an item of interest to the public that does not appear on the agenda, no action or discussion shall be undertaken on any item not appearing on the posted agenda.
3. **6:35-6:45 PM** **GET-TO-KNOW-YOU/TEAM BUILDING ACTIVITY:**
 - a. Brief Description:
 - b. Game of concentration
4. **6:45-6:50 PM** **ADVISOR UPDATE :**
 - a. Notes:
 - b. Meet and Greet
5. **6:50-7:15 PM** **PRESENTATION:**
 - a. Notes: Substance use, Mental Health, Sleep
 - b. **Restorative Sleep: REM sleep**
 - i. Bone and muscle growth/repair
 - ii. Memory processing
 - iii. Cleaning toxins, renewing immune system, hormonal reset
 - iv. Different age groups need different amounts of sleep
 - c. Interfering factors
 - i. Academic pressures
 - ii. Sports PRactices
 - iii. Technology usage/notifications
 - iv. Family commitments
 - v. Caffeine Intake
 - vi. Marijuana
 - d. Short-term Consequences of not getting enough restorative sleep
 - i. Impulsive
 - ii. Lower attention span
 - iii. Lack of social engagement
 - iv. Behavior issues

- v. Memory issues
- vi. Mood swings/depression/lack of motivation
- e. Long-term consequences of not getting restorative sleep
 - i. Depression/anxiety
 - ii. Substance use
 - iii. Increase in suicidal thoughts/attempts
 - iv. Increase in risky sexual activity
 - v. Increase in absences/illnesses
- f. Critical Areas Impacting Health and REM Sleep
 - i. Gut health
 - ii. Sunlight
 - iii. Physical activity & breathing
 - iv. Food and drinks
- g. Tools to improve restorative sleep
 - i. 2-week sleep chart
 - ii. Ask friends and family to support
 - iii. Make small changes

5. 7:15-7:30 PM

PCYC MEET & GREET PREP:

- a. Notes:
- b. Mingle, presentations, mingle
- c. Individual subcommittees create questions
- d. Assigned roles
- e. Ideas for desserts
 - i. Crumbl
 - ii. Paris baguette
 - iii. Mini sandwiches
 - iv. Starbucks
 - v. Desert sandwiches
 - vi. Bad bakers
 - vii. Starbread
 - viii. Charcuterie board
 - ix. Cut fruit
- f. Commissioners reach out to school district board

6. 7:30-7:58 PM

BREAK INTO SUBCOMMITTEES*:

- a. Continue to work on setting goals
- b. Work on Meet & Greet presentation

7. 7:58-8:00 PM

REPORT BACK:

- a. General Plan
 - i. Notes: made S.M.A.R.T goals
 - ii. Want 500 form responses by Christmas
- b. Mental Health
 - i. Notes: made S.M.A.R.T. 00400858
 - ii. goals
 - iii. Awareness for depression
 - 1. Resources
 - 2. Thinking of creating artwork/posters
 - 3. Coping mechanisms
- c. Substance Abuse Prevention Subcommittee

- i. Notes: made S.M.A.R.T goals
- ii. Making children's book about dangers of substances
 1. Setting deadlines/making goals

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

Next Meeting: October 2, 2024

Location: Auburn Public Library (350 Nevada St, Auburn, CA 95603)