

# HORIZONS

## MARCH NEWSLETTER

KEEPING YOU IN THE LOOP

### CPR & FIRST AID CERTIFICATION

"Stop- Call 911" were the words of assistance resonating from the agency this past January. at our annual CPR/ First Aid training. Horizons staff learned the proper injury assistance protocol for victims in need during a captivating 4-hour hands-on tutorial session.

Four straight hours of training can be grueling for anyone, but this year's instructor was extra enthusiastic about CPR, subsequently making the training enjoyable for HU staff. CPR training is good for two years, while First Aid lasts for three.

### DJ PROJECT RECORD RELEASE PARTY

Friday February 13th wasn't just an observance for the superstitious this time around. Friday the 13th marked The DJ Project's Open House & Record Release Party here @ Horizons. The event took place from 6-8 pm and featured Djing, Breakdancing, and Audio Production performances from this year's winter cycle.

Youth from the Introductory Audio Production spoke about their individual projects and what the program has meant to them. Our breakdancers wowed the

crowd with some amazing foot-work and skills, with the crowd on their feet cheering for more. Our audio production veterans, Tony Jazzo and Swoop the Kid, dazzled the onlookers with more of what they are used to bringing: exciting, feel good music.

To cap off the night, our youth DJs lit up the performance with some fancy hand work and scratching. Overall, the event was a huge success and allowed families and friends to not only experience and support the wonderful accomplishments the youth have made during the cycle, but also learn more about other programs and services our agency has to offer.

### PREVENTION POINT @ POLK ST. CORRIDOR

The LGBTF Historical Society has documented a piece of SF history unbeknownst to many. *Polk Street: Lives In Transition* captures the stories of hustlers and the hustled, users and case workers on Polk St. during the 80s and 90s.

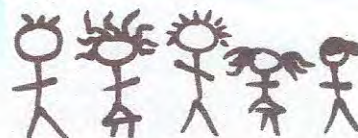
Donna Saffioti-Johnson personally contributed to the documentary with tales of her own pioneering creation-a youth-focused Needle Exchange site on Hemlock Alley. Check out the exhibit @ 657 Mission St. # 300 through May 31st, 2009.

### Improving Family Connectedness

In an effort to improve family connectedness within our programs, Horizons Prevention programs intend to launch a new family communications initiative.

The proposition: All parents who have youth currently enrolled in Horizons prevention programs will be sent the monthly Newsletter in order to keep abreast of the activities in which their sons/daughters participate as well as learn of new and exciting opportunities. We hope that by staying in touch with our families, we will build a strong community of adult allies, motivate parents to get involved, and showcase the wonderful programs our agency has to offer.

If you feel strongly about this effort and would like to forward the newsletter to additional family and participants, contact Casey @ 487-6713 for an electronic copy of your own.



# February Progress & March Updates

## Women's History Month



March is time to celebrate feminine brilliance. This month is dedicated to learning & appreciating women's achievements throughout history, as well as inspiring a new generation of women to greatness in the future. For example, Susan B. Anthony, co-founder of the 1st US Women's Suffrage Organization; Helen Magill, 1st woman to receive a Ph.D. degree; Blanche Scott, 1st woman to fly an airplane.

The congressional resolution for Women's History Month was passed in 1987; it's proudly celebrated today throughout the nation.



### OUTPATIENT PROGRAM (OP)

While CALMECAC- Horizon's daily afterschool program serving newcomer youth- is on pause, our Outpatient Program has increased its number of alcohol & drug treatment groups on-site. Referrals for enrollment have been flooding fax machines and inboxes, and OP now hosts 3 groups on Tuesday, Wednesday and Thursdays.

With Counselor Francisca Lizana on board, OP has expanded its repertoire of client development activities related to substance abuse. We've purchased Teen Talk In A Jar, discussion starting flash cards with youth-friendly topics; Alcohol & Recovery Balls for conversation facilitation; Bingo Games for Teens.

### ADMINISTRATION

In order to keep our work space optimally organized, and specifically the work space of culinary specialist Victoria, we've shuffled around food and utensils in the kitchen cabinets. Cups, plates, and lemonade will now be kept in the unlocked white cabinet to the left of where they were previously stored. Snacks will now be kept in the locked cabinet on the right in order to better account

for food purchases. Because each program has its own budget, it's important to advise youth not to dabble in other programs' snacks.

### THE DJ PROJECT

Pictured below, shots from Winter Cycle Record Release Party. From top to bottom: Youth workers help sign-in guests; performing artist riles up the crowd; Break-dancers bring fans to their feet.



### Upcoming Activities

Mark Your Calendars

#### March 4

- All-Staff Meeting @ 12:00 pm

If you're free, check out...

#### March 5-8

- 5th Annual SF Irish Film Festival

#### March 7-9

- Take A Walk In Her Shoes: Int'l Women's Day Celebration

#### March 8-9

- Contemporary Crafts Market @ Fort Mason

#### March 11-15

- Bouquets to Art @ De Young: Fundraiser with floral arrangements placed throughout museum

#### March 12-16

- SF Flower & Garden Show @ Cow Palace

#### March 14

- Pi Day @ Exploratorium: Annual tribute to the never ending number

#### March 15

- 156th Annual St. Patrick's Parade

#### March 23

- Spring celebration & Easter parade on Union Street

#### March 28-30

- Body Art Expo @ Cow Palace