



## Community Partner Spotlight

Each month, a different local business or organization will be highlighted for their collaborative spirit in the community and commitment to supporting youth.

If you would like to discuss how your organization is involved in the community, please contact us – we'd love to feature you!

Call Laura Robertson at (303) 670-7539

# Engaged youth, thriving community.

## Vision Statement for TREK Teen Council

By Rebecca Bernal, Laura Robertson

"Youth engagement is about empowering all young people as valuable partners in addressing and making decisions about issues that affect them personally and/or that they believe to be important." (Walking the Talk 2016, [www.yetoolkit.ca/content/what-is-youth-engagement](http://www.yetoolkit.ca/content/what-is-youth-engagement)) Youth engagement builds and strengthens youth adult relationships and promotes personal growth and development. Research shows that youth engagement results in healthier outcomes like reduction in substance abuse, decrease in suicide risk, improvement of academic performance, and development of coping techniques, self-care, critical thinking, and resilience. TREK Teen Council is a youth advisor group that is part of Mountain Youth Network. TREK is fully dedicated to practicing youth engagement. TREK activities are created by and for youth to promote skill-building and community involvement. We want students to "Be Heard" and "Give Back."

TREK Teen Council gives youth an opportunity to "Be Heard," amplifying their voice in our



community. The fresh perspective and unique insight from young people can be valuable; as one seventh grade student stated during a "What is TREK" presentation, youth voice is important because "we have good ideas" and "we are the future." TREK has a "Presentation Committee" for students who want to deliver important information to their

peers and their community. To date, TREK youth have spoken in front of county commissioners, City Council, Board of Education and multiple classrooms.

As a follow up to the Community Mapping Project, students were surveyed on possible improvement projects for youth-friendly environments within Clear Creek County. Youth evaluated ideas such as a new skate park, landscaping outside the Idaho Springs Public Library, a mural at Citizens Park, and a brand new youth space. Feedback was collected from students about which projects would be most meaningful to them and which projects they would volunteer to work on!

These potential projects, as well as many other events where TREK members are mobilized as volunteers, represent the "Give Back" component emphasized by TREK. Through TREK, students are connected to many opportunities to earn service hours. Following their participation in a recent project, feedback was collected from youth through a post-activity impact survey. Students stated they would do the activity again because "I liked helping my community" and "it made me feel better about myself."

This kind of involvement enhances community connectedness which is proven to build social-emotional skills resulting in positive mental health outcomes in youth. TREK encourages civic engagement, leadership and authentic relationships with adults... some of the cornerstones of youth engagement.

If you're interested in learning more about this work, contact Mountain Youth Network by email: [lrobertson@clearcreekcounty.us](mailto:lrobertson@clearcreekcounty.us)

## Communities

will benefit from youth engagement because it:

Encourages intergenerational collaboration and communications



SOURCE: London et al., 2003

Bolsters community development



SOURCE: London et al., 2003

Increases the agency's responsiveness to community needs



SOURCE: London et al., 2003



Encourages youth to be more civic-minded

SOURCE: CYCC Network, 2013

Empowers youth and creates opportunities for youth to have a voice



SOURCE: CYCC Network, 2013



## Mountain Youth Network says thank you a "latte" to The Frothy Cup

By Emma Sander

Locals and tourists alike follow the fragrance of freshly roasted coffee to The Frothy Cup in Idaho Springs. The historical building at 1510 Miner Street was built in 1885 and has been a coffee shop for over 25 years. Since December of 2014, new owners Glenda and Randy Watson changed the name to "The Frothy Cup" and have worked hard to make it the wonderful place that it is today. The Frothy Cup is well known for its unique and inviting atmosphere that has a positive effect on everyone who visits. The walls are lined with ornate glassware, decorative paintings, as well as encouraging notes left by customers over the years. Music and puzzles are available to enjoy as well as sofas and a piano. In addition to coffee drinks, the Frothy Cup also serves teas, pies, quiches, tamales, organic smoothies, home-baked cookies, and homemade breakfast burritos. You will leave happy after spending time at this neighborhood gem!

The Frothy Cup has been a supportive community partner for the Mountain Youth Network coalition. There have been many community gatherings and planning discussions over coffee in this establishment. The shop's owners have been very supportive of the local youth. They have offered employment for young people and have been getting involved with the Positive Youth Development Committee through the Mountain Youth Network. The owners and staff are greatly appreciated for their dedication to our community!

Learn more about The Frothy Cup at [thefrothycup.com](http://thefrothycup.com) or stop by and experience it for yourself!



**TEEN COUNCIL**  
Find your path.



**MOUNTAIN YOUTH NETWORK**  
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