

A stylized, colorful illustration of a landscape. The foreground features rolling green hills in various shades of green, with a brown path winding through them. On the left, there are several stylized trees and plants: a large green tree, a purple flower, and an orange flower. A small red bird is flying in the sky above the trees. The background consists of light blue, wavy bands representing a sky or water.

C&C Mentor Webinar Series: Session Four

June 10, 2020
9:00am – 12:00pm

Today's Agenda

- Welcome and Mindfulness Moment – Amanda Charlesworth, Program Specialist YIC, USBE
- Substance Abuse Prevention: How Mentors Can Make a Big Difference – Clarissa Stebbing, Prevention Specialist, USBE
- *(Live session only – Unable to record)* Gang Involved Youth, One Caring Adult Away from Success – Cecily Hallman, YESS (YIC) Mentor, Granite School District
- Q&A time, Wrap-up and Reminders – Amanda Charlesworth

Mindfulness Moment

- *30 seconds to mindfulness: Phil Boissiere – TEDxNaperville*
- *3 X 3 Method*
- *<https://www.youtube.com/watch?v=ad7HqXEc2Sc>*

Clarissa Stebbing



Clarissa Stebbing is a Prevention Specialist at USBE. She holds a MS in Health Promotion and Education and is a Certified Health Education Specialist.

While at USBE, her focus has been primarily on substance abuse prevention and is responsible for the coordination of the statewide underage drinking and substance abuse prevention program.

Prior to joining the prevention team at USBE, Clarissa spent 11 years working at a non-profit mentoring organization where she coordinated mentoring programs at partnering elementary schools, community-based programs, and partnered with other substance abuse prevention/intervention community organizations. She also had the opportunity to be a mentor to a precocious, fun-loving student for over 5 years. She loves traveling, hiking, yoga, and going out to eat with family and friends.

Ceciley Hallman

Graduated from the University of Utah where she studied Sociology, art education, and photography.

She has spent over 12 years working with at risk youth - from the elementary school level to high school. Ceciley worked with many different demographics including kids with special needs, extreme behavior issues, children in foster care, and gang involved youth.

In all her years of working with youth, regardless of their situation, their background, or their unique needs, she has found that most kids have a lot more in common than we might think. They all need someone to care.



