

HUCKLEBERRY YOUTH PROGRAMS NEWSLETTER



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WELCOME

ACE (Access to College Equity) Academy and Nuestra Salud

Welcome to our update for ACE Academy and Nuestra Salud, 2025! This past school year, 2024 - 2025 was very busy, with new partnerships, new career exposure opportunities, visits to colleges and a summer of learning and connections!

MEET THE TEAM

Hello, my name is Yanet Medina Zavala! I'm a Senior College Access & Equity Advisor and I love to scrapbook!



Hello, my name is Judy Cordova! I'm a College Access & Equity Advisor and I love bean and cheese burritos!



Hello, my name is Stephanie Alvarez and I'm the Mental Health Manager and I enjoy running whenever I can!



Hello, my name is Priscilla Miranda! I'm the Division Director - Marin Programs and I love sandwiches and backpacking!



Hello, my name is Liza! I'm the Community Health Manager and I enjoy dancing!



MEET THE TEAM



Hello, my name is Jacqueline Cadenas, and I'm a Bilingual Health Educator! In my spare time I love swimming!

Hello, my name is Dalia Martinez! I'm Bilingual Health Educator! Some things I enjoy doing include playing soccer on the weekends, and cooking new recipes!



Hello, my name is Gerardo Garcia! I'm a Wellness Intervention Specialist and one of my favorite pastimes is studying new languages.

Hello, my name is Julyssa Palominos! I'm a Wellness Intervention Specialist and I love to travel, read, and spend time outside!



ACE UPDATES

Summer Writing Workshops

During the summer, our rising 12th graders engaged in one of two writing workshop series, aimed at developing their college essays through a storytelling lens, and focusing on identity.



GOALS



1 - IMPROVE YOUR WRITING

**2 - EXPLORE IDENTITY AND VALUES AND THEIR RELATION TO
CAREER AND MAJOR CHOICE**

3 - CONDUCT MAJOR AND CAREER RESEARCH

4 - CREATE A LIST OF AT LEAST 3 MAJORS YOU WILL APPLY TO



We Are

You may not know this about us but...

I am from a place where my mom always had to be strong

I am from large quiet forests that are ruined by
deforestation

I am from the brown skin of my father and the r's that roll
easily from my mother's tongue targeted by those who are
envious of my mother language who will never understand
our story

I am from my dad's worship band to my mommy's warm
hugs

I am from never give up follow your dreams

I am from the summer and beautiful beaches, where
everything starts shining, but then seconds later it gets
cloudy and cold

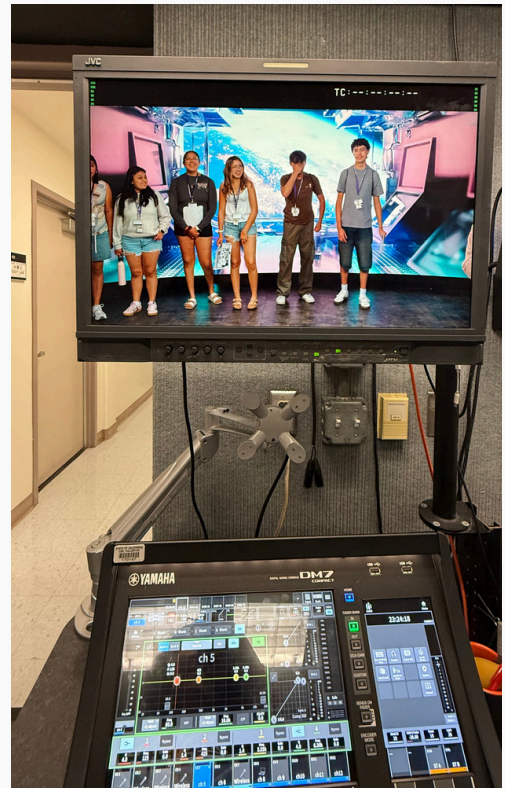
I am from the finger-painting, and chalk sketching outside
in parks

I am from the Dream of achieving to be a doctor but the
doubt lingering behind my mind saying that dream is not
capable

I am from the beautiful and courageous colors of the sunset
and the spark that comes with the sunrise some may say I
am eternal sunshine which is weird because I thought I lost
my spark on July 27th, 2022 when I lost someone I truly loved,
my dad

ACE UPDATES

ACE again visited Southern California on a College Tour with seniors! Thanks to ForWords DAF, this year we were able to take 21 youth to tour six universities - USC, UC Merced, CSU Fullerton, UC Irvine, CSU Long Beach, and UCLA , over the course of three days. Youth stayed at CSU Fullerton and were able to engage with EOP presentations, walking tours, department experiences, and understand the climate in different areas!





ACE UPDATES

ACE Academy engages with partner organizations and agencies to support student learning and career exploration. In 2024-2025, new partnerships and career exposure included: The Buck Institute of Research on Aging, who presented to ACE students on careers in STEM fields; the San Francisco Symphony presented to ACE 10th graders on pursuing a career in the arts; Inspiring Young Environmental Leaders (I-YEL) presented to ACE on leadership, internship, and careers opportunities through the Golden Gate National Parks Conservancy; and the Marine Mammal Center in Sausalito engaged ACE 9-10th graders with an info-series on working with marine life.

Continuing partnerships included: 1) Dominican University presenting a career exploration series through its Occupational Therapy (OT) department and providing students a tour of the Dominican University campus; and 2) College of Marin presenting to and recruiting students for its summer Career Academies, which are short and intensive college courses for students to explore their career interests and gain insight into industry opportunities. Additionally, ACE students participated in college major-to-career pathway units, where students selected which majors they wanted covered;



based on student input, the ACE team led units on the following majors: Anthropology; Psychology; Women Gender and Sexuality Studies; Education; Mass Communication, and Kinesiology.

100% of the ACE high school graduating Class of 2024 enrolled in a post-secondary option in Fall 2024; this includes community colleges, CSUs, UCs and private universities. ACE Academy seniors enrolled in the following institutions: UC Riverside; San Francisco State University; UC Santa Cruz; Dominican University; College of Marin; Sonoma State University; Sacramento State University; UC Berkeley; UC Merced; Cal Poly Pomona; Santa Barbara Community College; Santa Rosa Junior College and UCLA.

ACE GRADUATION 2025



NUESTRA SALUD UPDATES

“During the last 12 months, we were able to hold space for three youth-led Nuestra Salud cohorts in which students tackled themes ranging from wellness, environmental justice, inner-child work, and healthy relationships. Our participants varied by age, gender, and educational levels which met our objective of reaching youth from diverse backgrounds. We used a mix of open-ended discussions, themed conversations on relevant mental health topics, creative expression (like art or journaling), and social activities. My highlight was during this last summer, when our students connected with a local organization, Wildcare, to learn about the wildlife that surrounds our community and to highlight the significance of caring for our environments. The students themselves were the best part of the group. The youth's investment in the work was evident in how consistently they showed up to participate in each session. In fact, the majority of our participants always leave asking when the next group is going to commence.”

Gerardo Garcia, Wellness Intervention Specialist and
Nuestra Salud Facilitator

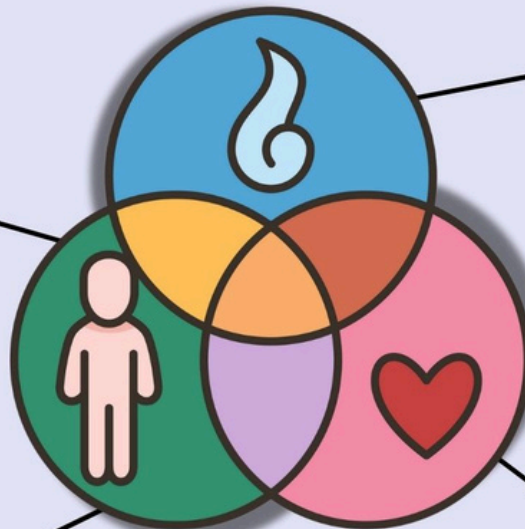
NUESTRA SALUD 24'

8 CONSEJOS
PARA
MANEJAR EL
ESTRÉS

Pg. 3

PROTEGETE
CONTRA LAS
INFECCIONES
DE
TRANSMISIÓN
SEXUAL

Pg. 13



AFRONTAMIENTOS
DEL **DUELO Y**
LA PERIDA

Pg. 8

LA
INTELIGENCIA
EMOCIONAL

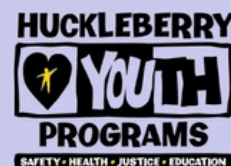
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QUE SIGNIFICA EL
CONSENTIMIENTO?

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LA INTERSECCIÓN DEL BIENESTAR

PRESENTADO POR HYP



Como Afrontar el Duelo y la Perdida

Gisel Yamilet A. Rodriguez



Muchas personas se sienten incómodas cuando tratan de consolar a alguien que está sufriendo. Es posible que no sepamos qué decir o qué hacer.

Estos son unos consejos de como lidiar con el sufrimiento propio o de un ser querido.

Hacer Compania

Incluso si no sabemos qué decir, el hecho de tener a alguien cerca puede ser reconfortante.

Tener Paciencia

Puede llevar mucho tiempo recuperarse de la pérdida de un ser querido. Solo estar disponible en caso de que la persona quiera hablar.

Aprende mas sobre la Salud Men

Apoyo Incondicional

Continúe ofreciendo apoyo aún después de que haya pasado la consternación inicial. La recuperación toma mucho

¿Qué decir?

- Comparta su tristeza o pena por lo sucedido.

Ejemplo: "Lamento que haya sucedido esto".

- No esconda sus sentimientos.

Ejemplo: "No sé qué decir, pero quiero que sepas que realmente quiero apoyarte".

- Ofrezca su apoyo.

Ejemplo: "Dime qué puedo hacer por ti".

- Pregunte cómo se siente la persona en duelo y escuche la respuesta.

- Anímela a hablar de sus sentimientos y a compartir los recuerdos de su ser querido.

- No trate de obligarla a hablar ya que no todas las personas están listas para compartir cómo se sienten.

- No ofrezca consuelo falso ni minimice la pérdida. Lo que necesita la persona es que la escuchen, no que le digan cosas como

"Ya no está sufriendo" o "lo superará con el tiempo".

- Evite decirle a la persona que es fuerte, ya que la presiona para que oculte sus sentimientos y trate de demostrar "fortaleza".

Hacer terapia para el duelo o la aflicción ayuda a las personas a lidiar con la pérdida de un ser querido. Es muy importante tomar terapia, se que al principio puede ser difícil aceptar que necesita ayuda pero hablar con alguien ayuda a desahogarse.

¿Como Lidiar?

Permitase sentir el dolor, la tristeza y demás emociones. Permitase llorar o expresar sus sentimientos de otras maneras mientras no se haga daño a sí mismo o a alguien más.

Encuentre formas de expresar sus emociones. Podría compartir sus sentimientos con personas en las que confíe o llevar un diario que le permita expresar y procesar sus emociones.

No compare su dolor con el de los demás. Cada persona tiene su propia manera particular de hacer el duelo.

Perdónese por todas las cosas que haya dicho o hecho (o no), ya que perdonarse uno mismo y a los demás puede ayudar con la recuperación.

Busque formas de distraerte, tales como ir al cine, salir a comer, ir a un juego de béisbol, leer un buen libro, escuchar música, hacer un viaje.

Cuidese. Trate de comer bien, hacer ejercicio y dormir lo suficiente. Salir a caminar, ir a nadar, bailar, hacer yoga u otras actividades que disfrute pueden ayudarle a sentirse más fuerte y relajado.

Evite el consumo excesivo de alcohol o recurrir al consumo de otras drogas, ya que podría interferir con sus emociones y hacer que le lleve más tiempo superar el proceso de duelo.

THIS YEAR
TOPICS
INCLUDED
GRIEF AND
LOSS, HOW TO
MANAGE
STRESS, AND
HIGHLIGHTING
HYP SERVICES!

Tips para estudiantes estresados

Ayuda a tu cerebro a manejar el estrés y mantenerte cool



Un mini break no te hace flojo

Entre tanto trabajo, mereces descansar! Toma 10 minutos para caminar, estirarte ó simplemente desconectate de el trabajo. Tu mente dice: Thank you.

Good vibes only

La música no puede quedar atrás. Escucha canciones que te levanten el animo y te llenen de energía. Crea tu playlist y pasa un buen rato!

5.

6.

7.

8.

Desconectate para reconectarte

Dedica tiempo lejos de tu teléfono, compu o cualquier pantalla antes de dormir, y prueba colorear, leer o escribir. Te sentirás fresco como lechuga al día siguiente!

Una sonrisa lo cura todo

Ya sea con tus amigos, viendo tiktoks ó contigo mismo (incluso si no tienes muchas ganas) puede mejorar tu estado de animo al instante. Reír cura el alma. Es ciencia, no broma.

¿Cómo ves?

Todos pasamos por días difíciles, pero con estos pequeños tips sera más fácil dominar el caos. No tienes que ser perfecto ni cumplir con todo en un solo día. Y si estas aquí leyendo esto, ya estas en buen camino. Céntrate en tu propio progreso y no te compares. Celebra cada pequeño logro del día, aprende de los errores, suéltalos y sigue adelante. ¡Lo estas haciendo excelente!



Ser estudiante se siente como estar en un desafío contante con tareas y responsabilidades dentro y fuera del ambiente escolar. Recuerda que el estrés es una reacción común y completamente normal, pero no tiene porque convertirse en un obstáculo insuperable. Con los tips adecuados, es posible manejarlo de manera efectiva y alcanzar un estado de animo que te permita rendir al máximo.



¿Dónde comenzar?

Aqui te doy unos tips que puedes implementar en tu rutina para transformar un mal día en uno mejor

Dormir bien = persona feliz
La calidad de sueño es sagrada. Intenta dormir tus 7-8 horitas. Y si, Tik Tok puede esperar.

1.

Planifica
Dile bye a la procrastinación! Usa métodos de estudio. Usa un temporizador para realizar tus deberes y tomar descansos chiquitos. Te concentrarás más y te estresarás menos. Maneja tu tiempo!

2.

3.

4.

Breath in, breath out

Tomate 5 minutitos al día para inhalar y exhalar profundamente. Verás como te ayuda a refrescar la mente.

Mantente hidratado

El agua es vida, y sirve para pensar mejor. Ayuda a tu mente y cuerpo a refrescarse manteniendo tu botella cerca. Recuerda: 8 vasos al día.

NUESTRA SALUD SUMMER



NUESTRA SALUD UPDATE!

This last school year we were able to collaborate between all programs to provide an ACE Pathways presentation to Newcomer Youth participating in our Charlas sessions. Charlas sessions are psychosocial groups and circles of belonging, provided by our Mental Health Team, and run year round at San Rafael HS, Terra Linda HS, Bridge Program, and Davidson MS. ACE guest presented to every round of sessions at SRHS and TLHS and provided information to youth about the post-secondary options and ESL pathways that exist for Newcomer Youth, as well as presenting factual information about financial aid available to Newcomer Youth in California. A previous participant of Nuestra Salud who also participated in ACE Academy, was inspired to present an assembly for Newcomer Youth at San Rafael HS, which we helped facilitate. Over 50 youth attended the assembly, and learned about the options that exist from one of their peers who was on their way to college!



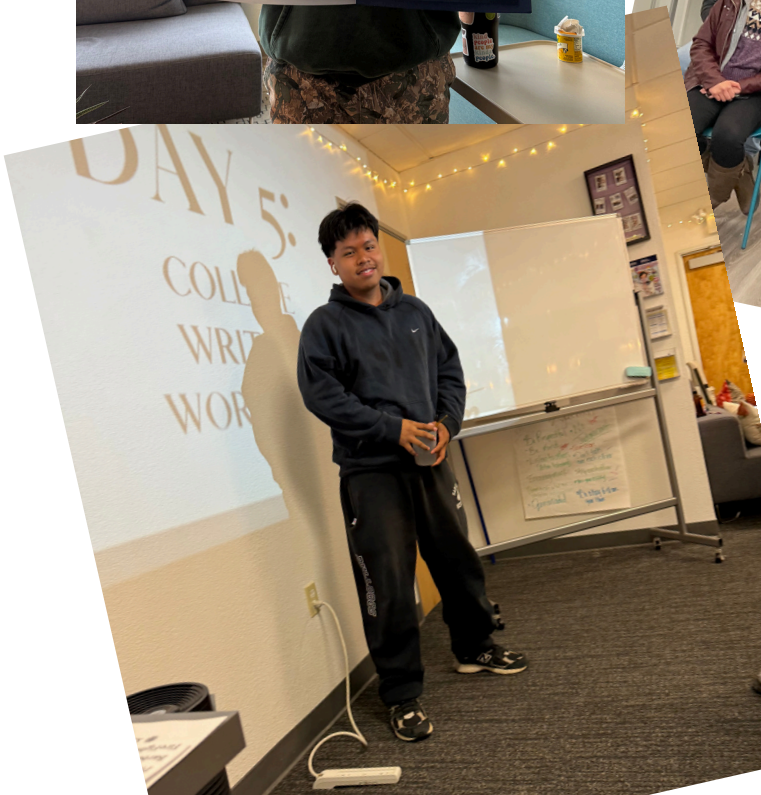
TESTIMONIALS

1. From a Senior: "Huckleberry Youth Programs has changed my perspective on education. It has inspired me to pursue my passions more actively. I am really happy I joined sophomore year, HYP is the reason why I am going to UC Merced this year."
2. From an 11th grader Parent: "I am so grateful for the opportunities Huckleberry Youth Programs has provided my child. It's amazing to see them grow in confidence and take on leadership roles. This experience is truly shaping their future."
3. From a Community Partner- Buck Institute : "Working with the students through Huckleberry Youth Programs has been a rewarding experience. Their enthusiasm and creativity have brought fresh ideas to our community initiatives, and it's clear that they are making a positive impact."
4. From a Senior Student: "Participating in Huckleberry Youth Programs has helped me build valuable skills that I know will benefit me in college and beyond. I'm thankful for the support and mentorship I received throughout the process."
5. From a 10th grader Parent: "The changes I've seen in my child since they started with Huckleberry Youth Programs are remarkable. They've become more engaged in their studies and have developed a strong sense of responsibility and teamwork."

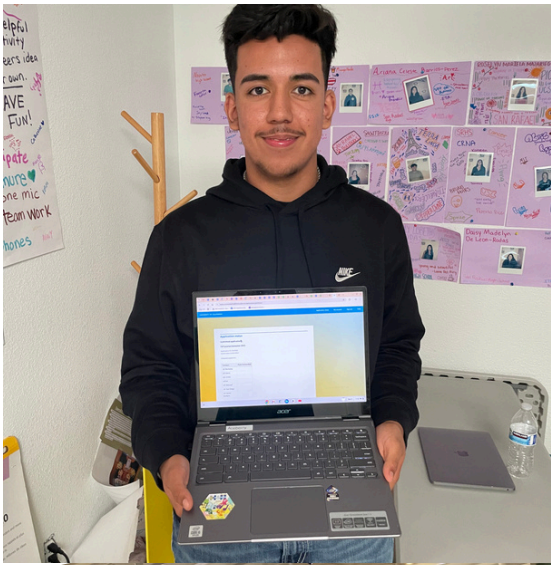
A WORD ON THE CURRENT TIMES...

As an agency dedicated to supporting health, safety, justice, and education for our youth and families, first-generation students, and Newcomer Youth, we are committed to addressing the barriers that exist for youth and families navigating the US educational system – whether those barriers are systemic, institutional, or devaluing of humans due to statuses such as legal documentation. Since January 2025, we have actively been working to address the constantly changing federal administration policies. We've dedicated a significant amount of time to address internal needs such as immigration contingency plans, potential 1-9 audits, onsite procedures for client safety, and preparing information packets for families providing “family preparedness plans.” We have also been addressing client concerns, family unease, and community questioning about rights and safety. We are involved with the Marin Immigrant Rights and Justice workgroup convened by MCOE, actively conversing with school administrators, and providing safe spaces for youth to ask questions, share their fears and concerns, and reaffirm our commitment to the immigrant and Newcomer community.

CHALLENGES AND SUCCESSES!



GROWTH AND NEW OPPORTUNITIES!



SUMMER NUMBERS...

ACE

Seniors participating in workshops	20
Hours spent in workshops per student	20
Essays completed	55
Sandwiches eaten during the summer	140
Seniors attending SoCal College Tour	21
Miles traveled for SoCal Tour	1000
Granola bars eaten on SoCal Tour	115

NUESTRA SALUD

Youth participating	20
Writing Sessions	4
Team Building Sessions	4
Taki Bags Eaten	80

ANNUAL NUMBERS...

ACE

Youth in high school program '24-'25	68
Alumni supported (currently in college) '24-'25	48
Percent who graduated high school in '24-'25 school year	100%
Percent who enrolled in post-secondary institutions	100%
Percent of seniors graduating with internship experience	68%

NUESTRA SALUD/NEWCOMERS

Youth participating in Nuestra Salud '24-'25	51
Youth supported by ACE Pathways Presentation at school and Charlas sessions	85
Newcomer Team Building Sessions	30

THANK YOU *thank you* SO MUCH!

We appreciate the support and funding that allowed this summer and year to be filled with learning, sense of belonging, and the continuing pursuit of dreams for our youth. Thank you ForWords!

On behalf of the Huckleberry ACE Academy, the Marin Mental Health Program, and Marin Health Ed Teams, all supporting our Newcomer Youth... THANK YOU!

