



Funds Distribution Report

Recipient Organization:
Lopez Island Family Resource Center

Mailing Address:
PO Box 732
Lopez Island, WA 98261

Contact:
(360) 468-4117
<https://lifrc.org>

Organization's General Goals:

Our mission is to ensure everyone has access to essential resources and the support needed for a strong, healthy community. By laying this foundation, we also offer learning opportunities and programs that foster connection, resilience, and long-term well-being.

Date of Award:	Level:
2025 Q1	\$2,501 to \$5,000

For more information, please read the attached report from Lopez Island Family Resource Center.

8802 27th Ave NE
Tulalip, WA 98271
TulalipCares.org

Disclaimer: This report may be a summary of content provided by the recipient, not always complete quoted material.



The Lopez Island Family Resource Center is pleased to submit this grant report for the work that has been completed with the support of the Tulalip Tribes Charitable Contributions Fund.

2. LIFRC serves over 1,600 youth and adults with a wide range of services. This project supported 83 youth to attend in youth leadership activities and become trainers.

3. LIFRC's website is:

<https://lifrc.org/>

LIFRC's website link to youth engagement programs is:

<https://lifrc.org/youth-engagement/>

4. Report Code: Q1 2025 14.2



The Moment of Youth Prevention Summit: A Day of Learning, Connection, and Celebration

On May 31st, over 75 teens from five different schools came together on Lopez Island for the Moment of Youth Prevention Summit, a youth-driven event focused on wellness, connection, and leadership. What made this summit truly special was that it was co-designed and co-facilitated by youth, ensuring that the content was relevant, relatable, and engaging for their peers.

Two bilingual youth leaders collaborated with Xander Cook, a Lopez Island graduate, to develop a dynamic curriculum centered on topics teens identified as most important. The summit explored:

- **Intro to Prevention**
- **Navigating Relationships** – meeting new people and effective communication
- **Healthier Lifestyle Habits & Positive Coping Skills** – focusing on what to do, not just what to avoid
- **Media Consumption** – how to build a healthier relationship with media

Youth from Washougal also traveled in to share their experiences as leaders in their own prevention group, inspiring attendees with real-life examples of youth-led change. A highlight of the day was our guest speaker, Clara Hill, a Washington State University researcher who co-developed the First Year Away From Home guide, a valuable resource for both students and parents navigating that big transition.

The entire summit was interactive and activity-based, sparking meaningful conversations and new connections among teens from across the region. To top it all off, Lopez Island's Orgullo Latino hosted an after-party, a western-themed dance complete with homemade pizza lovingly prepared by our incredible volunteers. It was the perfect end to a full day of empowerment, learning, and fun.

Thank you to everyone who made this event possible, we're already looking forward to next year!



PO Box 732

Lopez Island, WA 98261

360.468.4117

info@lifrc.org

<https://lifrc.org/>



Character Strong: An SEL Peer to Peer Led Initiative

This past year, the LIFRC has been working on ways to deliver the Character Strong curriculum to our youth on Lopez Island. Through our other programs we had seen how effective and well received the peer-to-peer model was and decided to incorporate that into our new Character Strong curriculum delivery. This decision is what led to the creation and hosting of the Character Strong Teen Leader Training in which eight youth across high school were prepared to lead, deliver, and report as Character Strong facilitators starting Fall 2025.

In this training youth became both learners and leaders of the Character Strong curriculum. In five days, they improved on SEL components, and leadership skills such as - communication, teamwork, and facilitation. Participants spent the first three days bonding and building awareness around character development, leadership qualities, and their impact as leaders. The last two days were spent planning and delivering a Character Strong lesson and bonding activity to their peers in teams of four. All participants completed thorough planning and self-assessment worksheets for their final project.

Youth participating in the Character Strong Program completed a combined pre- and post-survey, which included questions from the CASEL SEL Survey tool. This survey asked participants to reflect on how they felt they were doing on each indicator before starting the program and how they felt at the conclusion. Analysis of survey results showed that total scores increased from 202 on the pre-test to 226 on the post-test, representing a 12% improvement. This indicates that participants experienced meaningful growth in the targeted social-emotional learning skills because of the program.

