



Welcome to the Discovery Family Coalition

About

Our mission is to strengthen families by providing opportunities for FREE Family Fun and connecting parents with programs, resources and information that help them acquire the skills necessary to raise loving, responsible, resilient children.

Full of Fun!

Our vision is to promote happiness, prosperity and societal stability through strong families and meaningful parent-child relationships. We believe that strong parent-child relationships are the key to providing children with tools and encouragement to make healthy and safe choices in their lives, keeping them free from drugs, alcohol, violence, crime and pornography.

We believe that if parents and other adults will provide opportunities for youth to develop new skills and enhance existing skills, provide appropriate recognition and intrinsic rewards for doing so, and set clear standards of behavior for youth the result will be that families will bond and will experience better outcomes for youth.

Our goal is to bring entire communities together to support this vision to provide family outings, parent resources through web based tools, social media, educational materials, and by hosting ongoing interactive family Adventures that are available to all families throughout Utah.



Common Goal

We know that as a government leader you are concerned with the health and wellbeing of the youth in our state and especially here in the CUPHD counties. We share that concern!

More About The Discovery Family Coalition

The Discovery Family Coalition is a community collaboration that brings all sectors of the community together around a common goal: strengthening families and building resilience in youth. We would like to keep you updated on our prevention efforts. The Discovery Family Coalition, led by My Discovery Destination!, has been very busy thanks to generous grants from the Bear River Health Department, Davis County Health Department, and the Central Utah Public Health Department.

We currently have over 100 coalition members, including national partners (Let's All Do Good, DigCit Summit and TechGirly), several statewide partners (Uplift Families, Utah Civic Learning Collaborative of the State Board of Education, Epik Deliberate Digital, Blue Star Families, Help Me Grow! Utah, and more). On a local level our coalition members represent schools, cities, non-profit organizations, businesses, libraries, coalitions, law enforcement and parents.

Ah, Summer

The Summer Passport program was available to all families statewide from June through August 2021. Hundreds of families statewide had access to more than 150 free family adventures. In addition we held 22 FREE family events to help families spend good quality time together. These events included everything from lasertag and foam parties to art events and swimming.

Youth Prevention Coalition Work

We also had the privilege of using our Discovery Hunts to support the statewide youth development conference sponsored by the State Prevention Coalition. 159 youth completed more than 3,000 missions specifically designed to help them see the good in themselves and in each other, along with other prevention activities.

There's MORE!

Other prevention efforts we have been able to support with Discovery Hunts include:

- Former First Lady Jeannette Herbert's Uplift Families. We helped families connect to the annual broadcast as well as the many resources they have available on their website in a fun, engaging way that encouraged them to engage with their kids and increase family time.
- Utah Civic Learning Collaborative. We have collaborated with this division of the Utah State Board of Education on a Family Civics Chase to encourage civic engagement for youth and families.
- National DigCit Summit. We are currently collaborating with Epik Deliberate Digital on the International DigCit Summit to promote online safety and using technology for good.
- We have had the opportunity to support 6 Communities That Care coalitions and 2 local prevention coalitions with our tools, resources and time.
- We have held weekly Parent Conversations since March 2021. In these weekly conversations specialists provide valuable parenting resources for parents that the parents have requested. We have hosted a number of key guest speakers including Taryn Hiatt of the Utah Chapter of the American Foundation for Suicide Prevention; David Watkins, Regional Substance Abuse Prevention Director; Tim Keady, USU Extension Assistant Professor, other USU specialists, and others.

What's on the Horizon?

Watch for updates next quarter on the following collaborations that are in the works:

- Momivate
 - Overcomer's Coalition
 - Advancing Parenting
 - Red Ribbon Week programs for schools
 - Bach-Harrison Research Report
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A quick preview from the Bach-Harrison Report: (pg. 30)

"Participants in the two Utah groups spent significantly more time together with their families, felt significantly more connected with their children, and were significantly more motivated to spend free time with their families..."

Join Us in the "Know"

We would love to have you join YOUR local Facebook Community so you can be "in the know" as it happens! You can find your local Facebook Community by visiting DiscoverFamily.Fun!

We are truly grateful for the opportunity BRHD, DCHD and CUPHD have given us to provide this program to families in their health district. We live in a unique and special place. Thank you for all you do to make Utah the best state in the nation – and thanks for paying attention.

Until next time,

Sharilee Griffiths, Director and Coalition Coordinator

Meagan Waite, Assistant Director

Fara, Tori, Angela, Emily, Melissa, and Amanda, Community Coordinators

One more sneak peek from the Bach-Harrison Report:

"Overall, the most important thing participants learned by doing the adventures was the importance of spending quality time together as a family and how much fun family time can be. Participants learned about new fun activities they can do with their children and about free activities they can do in their areas. Participants also mentioned learning new skills such as communication, cooperation, teamwork, and trust.

**Stay Connected—DiscoverFamily.fun
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