

Sophia accomplished many things during her fellowship, all while a stay at home order due to COVID-19. Sophia helped sustain a strong coalition for the San Juan Island Friday Harbor community, and worked to build a coalition for the Port Angeles community by holding monthly meetings with several sectors represented. While in San Juan Island, Sophia worked with the county board of health during legislative session as an expert on vaping and tobacco bills. During this she advised local politicians on what bills to support as a county. During her first phase of the fellowship, Sophia co-lead a session at the Washington State Prevention Summit on youth vaping with Tori McDermott Hale. She also finished many trainings including becoming a certified Strengthening Families Program (SFP) facilitator, and a Substance Abuse Prevention Skill Training (SAPST) trainer. While Sophia accomplished many great things during the fellowship, her favorite part of the fellowship was working with the Rock Solid Youth Prevention Coalition during her phase two in San Juan Island.

Professionally, Sophia grew her abilities around community outreach and assessment, feeling confident in her abilities to perform these skills while building a coalition. She also feels confident running meetings and having different sector representation from people within the community. The fellowship also led to a lot of really strong relationships within the fellowship. In particular, she had developed life long relationships with the fellows. Professional relationships in the San Juan community helped Sophia excel in her work as well. Sophia describes the San Juan community as rallying around her, wanting her to succeed personally and professionally. Sophia has had many opportunities come from the fellowship, including networking with others within the prevention field both in the state of Washington and throughout the nation. Sophia also gained connections in the Office of Superintendent of Public Instruction and her local School District. After the fellowship, Sophia has accepted a position with Child and Families Services of Hawaii in Lihue Kauai. Sophia plans to help build a local prevention coalition on the island, using all the skills she has learned from this fellowship opportunity!