

Seward Prevention Coalition

601 3rd Avenue
Seward, AK 99664
(907) 362-2466
sewardpreventioncoalition@gmail.com

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To Whom it May Concern,

I am writing on behalf of the Seward Prevention Coalition (SPC) to express our support for the Seward Community Bike Park Project that is being lead by P.A.R.K.S.

SPC has begun addressing Adverse Childhood Experiences in our community and one of the keys to combating this issue is building up community resilience. This bike park fills a gap in our community by providing an endorphin inducing activity for our youth, which builds resilience. Iceland cut their youth's use of drugs and alcohol in half by developing programs, like the bike park, that are a healthy mood enhancing outlet for their teens. This program is also in line with the mission of one of our own programs, *Sources of Strength* (SOS). SOS works to build resilience in the schools by focusing on 8 key contributors; 4 out of the 8 are present in this project: Healthy Activities, Family Support, Positive Friends, and Mentors. Each of these 4 areas of resilience can be cultivated from the Bike Park by giving our community a healthy activity that families and friend groups can participate in together.

This is also a project for the community, that once completed, is accessible to all community members. With 50% of our community living at or below the poverty line, it is important that we create programs that everyone can access no matter their economic status. Ensuring equal opportunity for our youth to fall in love with the fun experience of all-terrain bike riding, builds the overall health and wellness of our community. The more programs, like the bike park, that we can establish within our community the greater our resilience.

SPC is eager to support the establishment of this project in whatever way we can and we hope that Providence sees the value as well by granting funding to P.A.R.K.S. to ensure their success in making this bike park a reality for Seward.

Sincerely,

Katie Cornwell, SPC Coordinator