**4-H Youth Development Team**

June 2016 Highlights

**4-H Outreach:**

* **Pace & Pedal Fitness Event** – The annual Pace & Pedal duathlon and fun fitness community event was held at Lake Wazee on May 21. We provided the youth activities – a life-sized Angry Birds game and a macro-invertebrate display. At the event, 3 SOS Teen Leaders helped and we talked to over 100 youth and adults about SOS5.0 and 4-H membership opportunities.
* **HCN Youth Services Family Night** – We taught about 50 youth and parents how to make cup launchers using plastic cups, rubber bands, and duct tape. We also handed out passports and flyers for the SOS5.0.

**Volunteer Development:**

* **Summer of Science Teen Leaders** – 4 youth attended training on May 14. The teens learned skills in teaching and leading STEM activities and they also experienced more of the science we’ll be exploring this summer. All participating youth reported increasing their understanding of asking questions, creative thinking, observing details, and experimentation through the training. Another 4 will take part in a shorter secondary training for a total of 8 SOS Teen Leaders this season.
* **Volunteers In Preparation (VIP) orientation** – WI 4-H Youth Development has updated their adult volunteer training. I participated in a train-the-trainer session this month and plan to start using the new training next month. It now includes an online mandatory reporter training module and a 1-2-hour face-to-face training.

**Strengthening Families:**

* **Healthier Wisconsin Partnership Program (HWPP) Grant** – This grant ($174,000/year; 3 years) supports our work in aligning the health care, education, and social services systems countywide to strengthen primary prevention efforts around mental health and suicide prevention. The work of the Partnership Council involves 3 initiatives:
  + Develop and implement a common referral tool that identifies youth and adults before they reach a mental health crisis
  + Develop and implement a 2-part social marketing campaign about mental health in Jackson Co.
  + Bolster existing mental health resources with mindfulness/healthy coping education for all ages
* **Mindfulness Outreach** –
  + **Taking Care of You: Body Mind Spirit (TCY)** – Lisa and I led an overview of TCY for 160 school staff members at the BRF School District. We followed the 1-hour training with a survey on which we got back 51 responses. 32 staff members said they either are or might be interested in taking the full 8-week stress reduction course. We also gathered information about the best times and days of the week to offer the workshop so we can do so next school year.
  + **Doctor Meeting** – Public Health meets several times a year with Dr. Spegman, the liaison for the doctors at the Clinic and Hospital. They invited Lisa and I to talk about mindfulness programming. We shared information about programs we are currently offering and planning to offer and discussed how referrals to those programs might come from the doctors in the future.

**Key Meetings: (A=Alex, M=Monica)**

5/9 – STEM Team Meeting (Wausau)

5/10 – Living Healthy Team mtg

5/11 – HWPP Social Marketing Campaign mtg

5/16 – Staff mtg, School-Community Partnership mtg, 4-H Executive Board mtg

5/17 – Powerful Tools for Caregivers planning mtg

5/19 – Volunteers In Preparation (VIP) orientation

5/25 – Tobacco-Free Coalition mtg

6/2 – Staff mtg

**Trainings/Workshops Facilitated/Led:**

5/2, 5/9, 5/16, 5/23 – Taking Care of You (Melrose – Alex & Luane)

5/10 – Task Force for Drug-Free Communities mtg

5/14 – Summer of Science Teen Leader Training (A&M)

5/17 – HWPP Referral Tool Subcommittee mtg

5/19 – Meeting with Dr. Spegman – mindfulness; MAQA

5/20 – Taking Care of You overview session (BRFSD)

5/21 – Pace & Pedal Fitness Event (youth activities – A&M); TABO end of year gathering (Alex)

5/24 – HWPP Partnership Council mtg

5/25 – Help BRAGS students at Community Garden (Alex); HCN Youth Services Family Night (A&M)

6/4 – June Dairy Breakfast (youth activities – A&M)

On-going – Teens Against Bullying Others (TABO) meetings at Lincoln and BRF School Districts (A)