



## Youth Engagement and Serving Organization Committee Minutes April 12<sup>th</sup>, 2017

*The YESO Committee exists to positively impact and promote healthy outcomes for children/families through collaboration with key health community partners that empowers families to live healthy lifestyles.*

<b>Subject</b>	<b>YESO Committee Meeting</b>	<b>Dates</b>	4/12/17
<b>Facilitator</b>	Cheryl Doucette (410-310-5969)	<b>Time: Start</b>	9:00am
<b>Location</b>	Easter Seals	<b>Time: End</b>	10:30am
<b>Room</b>	1 <sup>st</sup> Floor Conference Room		
<b>Address</b>	22317 Dupont Blvd, Georgetown, DE 19947		

### Agenda

	Topic	
	<p><b>Attendance:</b> Cheryl Doucette, Crystal Timmons-Underwood, Peggy Giesler, Sara Shultz, Karen Johnston, Holly Johnson, Brad Spicer, Patti Burke, Arlene Torres, Eric Hastings, Chris Crouch, Natasha Mullen, Stacey Lowe, Alyssa Adkins, Seeta Kotzle, Felicia Dorman, Holly Maddams.</p> <p><b>Review of Meeting Minutes:</b> Motion to accept minutes Patti Burke and Nataha Mullins Seconded with the corrections of "Ark to Arc"</p>	
	<p><u>Guest Speakers</u></p> <ul style="list-style-type: none"> <li>➤ Holly M. Maddams, MPA, CFRE- Executive Director               <ul style="list-style-type: none"> <li>• Mission is to Inspire all girls to be strong, smart, and bold.</li> <li>• Woman still don't earn the same wage</li> <li>• Today woman make up only 16% of US congress</li> <li>• Girls Inc. vision is that every girl Values her whole self and her inherent strengths</li> <li>• Has opportunities to develop her full potential</li> <li>• Break past obstacles, and lead a healthy, educated and successful life.</li> </ul> </li> <li>✓ Girls participate in hands on educational programs delivered in a supportive environment               <ul style="list-style-type: none"> <li>○ This is a girl only environment so the dialoged is focused on what girls face.</li> <li>○ Inter</li> </ul> </li> </ul>	

- Sustained exposure
- Managing relationship
- Serve a girl for 180 hours for Elementary age.

✓ Type of programs

- Strong, Smart, & Bold
- Teach girls how to manage money to basic checking, savings, etc.
- Friendly PEERsuaion
- Sporting Chance
- Operation SMART- Stem type program
- Leadership and Community Action
- Media Literacy

✓ Jan 2005 Girls Inc implemented a national initiative to address the needs of Latinas age 6-18

- Main goal- increase the number of Latina girls served by Girls Inc. Affiliate
- Increase the sensitivity to Latinas in all girls Inc. efforts
- Funding from Goizueta Foundation, Girls in has been able to focus on providing Girls Inc. focus with the Hispanic Community in Sussex County.

✓ Ways to Partner:

- Provide a space where a Girls Inc. Program can take place after school, in the evening or on the weekend.
- Programs typically run for 1-2 hours per day
- We can do as little as one session per week or multiple sessions in a week
- We are looking for a year-round relationship
- Develop a program in partnership with Girls, Inc. with girls 6-18
- Bring a program to a Girls Inc. Of Delaware program site
- Provide an opportunity for us to share information about Girls Inc. Programs and ways for girls and adults to get involved.

✓ Sussex Funding has been primary on the Latino Population

- Currently in Millsboro Middle,

➤ Karen Johnson- Grant Manager and Youth Educator / Delaware 4- H Program

- The work of Positive Youth Development is informed by the 4-H Healthily Living 4 guiding principles:
  1. Positive and equitable youth-adult's partnerships
  2. Essentials Elements of 4-H Youth Development focus on components that influence learning: Belonging, Mastery, Independence and Generosity
  3. Research- based programs and curricula
  4. Program delivery to youth in diverse settings
  5. Were in 140 locations last year
- Healthy Eating/Cooking Skills:
  - Evidence and Research based Curriculum
- Physical Activity:

- Yoga for Kids, Fitness, Animal Science, Mindfulness
- Targeted Life Skills Educations:
  - Health Rocks Life Skills (Alcohol, Tobacco, and Other Drug Use Prevention through Life Skills education)
- Social and Emotional Health
- Injury Prevention
- 2012, National 4-H Council and Molina Health Care Launched a 15 month, teen led initiative: Teens take on Health: Solutions for a Healthier America
- Teens urged action in such areas as:
  - Obesity prevention
  - Access to quality health care
  - Promote Sleep and reduce stress
- Partner with IM40 builds healthy living assets with youth by coaching adults to become asset champions for youth
- Up for the Challenge fitness and nutrition program reaches 4000 youth annually through youth and adults partnership
- Northeast Youth Adult Partnership Conference that focuses on socio-ecological model of health for teens and their leaders.
- Health Rocks Program focuses on tobacco, drug, and alcohol prevention, reaching over 6000 youth each year.
- Botvin Life skills Program has provided training and important life skill development to over 4,000 youth during past 8 years.

- Next Steps.....

How would you like your teens to engage?

- Options: Participate in one of the scheduled training for your teens and adults
- Select a date for a full Conference?
- Topics for Discussion:
  - How do we best get youth involved?
  - Stipend available for short time
  - Build the curriculums into awards for youth, resume builders etc.
  - Help youth engage in their communities

Access to Website: Grab-N-Go for short/fun activities on nutrition and fitness

Old Business:

- Botvin Life Skills Training for Partners – Update on recent training.
  - 15 partners on March 31, 2017 attended the training at the Coop Ext
  - All signed MOU to provide feedback on 1 training
- Feasibility of Health Rocks Training

- Date: June 3<sup>rd</sup> already on the schedule
- Key Stakeholders- Anyone who is working with Children
- How many people do we need? 10-60 people are ok.
- Health Rocks June 3<sup>rd</sup> at Carvel building.
- Age requirement 13 and up
- \$6.50 stipend available for a student that will go out and train.
- Look at having this in the Fall for SCHC will use the next few meetings to plan a large Health Rocks training.

New Business

- Mark your Calendars for our **Quarterly Meeting scheduled for April 20<sup>th</sup>, 2017 at Univ. of DE Cooperative Ext. – This will need to be moved due to the road being closed in front of Cooperative Ext. This will most likely be rescheduled for May.**

Upcoming meetings:

- May we will have Felicia Dorman with Aspiring Professionals College & Career Exploration program.
- June we will have Natasha Mullen with Impacting De.
- May & June we will spend about 30 minutes discussing the Health Rocks Training.
- August we will not have a speaker we will have a round table just to plan for the school year.

**Partner Updates/ Announcements**

- ❖ Delaware Core/ has a new peer support program coming up by October throughout the state of Delaware
  - Has hired a few youths to work as peer mentors.
  - Wellness groups for youth will be starting as well, Seeta will be sharing.
- ❖ Impact Delaware- Man up (for males) and Unique ( for females) 2 Mondays a month
  - April 22<sup>nd</sup> from 10-1 No Fear Conference
  - Going on a College field trip to Bowie University
- ❖ May 6<sup>th</sup> Tee @ 2 to Honor mothers to encourage fathers to stay involved in their children life. Holly Johnson will send me a flyer.
- ❖ Aspiring Professionals will be starting Summer Career camps for students that is transition out of high school.
- ❖ May 12<sup>th</sup> at Boys and Girls Club ages 13-18, 7 pm to midnight will have their annual Community and Family Field event this is prevention program. If you know someone who is in their 20s can work with teens Boys and Girls clubs needs help.
- ❖ April 18<sup>th</sup> 4:30- 6:30 PM the Bow Biden Foundation

- ❖ Big Brothers and Big Sister will be hiring a new Programs Coordinator. Hoping to bring her in May.
- ❖ April 25<sup>th</sup> our Family Focus Series Target Focus on Family Support and Family engagement on Addiction.

- **ACTION ITEMS**

- Target Middle school's principals that will be willing to have the training. (Stacy Lowe will take the lead on this).
- Peggy will reach out to Sandy Haggin to have First State Community Action
- Cheryl will reach out to Dupree Johnson to have him at the table as well
- Have Chris Couch bring his Peer (Andreus to speak at July's Quarterly meeting)
- Schedule Speakers for upcoming meetings

**SCHC Updates**

**NEXT Meeting: May 10, 2017**

**YESO Committee Meeting @ Easter Seals**