


SUSSEX
COUNTY HEALTH COALITION
Youth Engagement and Serving Organization (YESO)
Committee Meeting Minutes
February 10, 2021
9:00 am to 10:15 am
Zoom – Virtual Meeting

Mission: 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.

YESO Committee Chair: Lindsay Hughes

Co-Chair: Matt Coyle

YESO Dashboard:

1. Increased Graduation Rate
2. Increased Prevention Activities and Program Capacity for Middle School Students
3. Decreased High Risk Behaviors

IMPACT - Increased assets for youth between the ages of 12 -18, leading to less risky behaviors and increased college and career readiness.

24 Attendees 2 new attendees

Call to Order & Introductions

Action Items

- Dell Hudson to share geographic footprint of learning pods to SCHC
- Dell Hudson & Tyler Justice to connect around Seaford PD Training Card Program
- Tyler Justice to share the Seaford PD Trading Card flyer with YESO group
- Crystal, Peggy, and Tyler to connect regarding the Seaford PD Training Card Program
- Crystal to share Tyler Justice's information
- Kiera (CFF) to share "Get Educated on Trauma" flyer

Minutes: Approved unanimously by Janet Ray with a second by Barbara

Guest Speaker

Karen Johnston

4-H- University of Delaware Cooperative Extension

krjohn@udel.edu

Topic: Prevention & Youth Wellness Initiatives

- Youth Wellness & Fitness: Builds Resilience
- CDC recommends children 6-17 participate in one hour of physical activity daily, by the time they reach 6th grade, only 28.1% of girls and 41.4% of boys achieve this.
- Physical activity reduces symptoms of depression & anxiety and lends itself well to social distancing
- Curriculum is 5 lessons that takes people through: five components of fitness, 3 types of physical activity fitness recommendations, wellness wheel, stretching, breathing, mindfulness, physical activity, strength, heart rate, physical health recall, aerobic activity, environmental health, goal setting, and professional development
- Pilot teams: Cooperative Extension Team & 4-H Youth Live Virtual & Recordings; Sussex Tech High School
- Youth wellness & fitness Curriculum Volunteer Site: <https://sites.google.com/udel.edu/youth-fitness-wellness-volunt/home>
- Each session is about one hour long; sessions are zoom recordings; children are evaluating the content and giving feedback

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- Has to be adult lead so children are engaged; could be used as a way to get to know your kids
- 45 participants: 26(x3 sessions) Surveys completed
 - 92% agree or strongly agree that they feel confident in making one change this week to improve overall wellness
 - 100% agree or strongly agree they know the 5 components of fitness and
- Other Health and Wellness Initiatives
 - Wellness and Fitness Curriculum Volunteers
 - Health and Wellness Ambassador Training on March 2 and 4 from 4:00-6:00 pm on zoom: <https://www.pcsreg.com/health-and-wellness-ambassador-training>
 - GEM Train the Trainers for Youth or Adults: fee or support for curriculum
 - Botvin
 - Health & Wellness Ambassador Club
 - National Drug Facts Week in March: (Include DE Goes Purple and ALA o marketing) [teens.drugabuse.gov](https://www.teens.drugabuse.gov)
 - Lunch and Learn
- Need: 4-H teens, teens from other youth serving organizations, adults who work with youth and would like more, teens teaching younger youth
- Contact krjohn@udel.edu if you are interested in piloting/sharing with your teens

Laura Kasper

Girls Spark

lkasper@monarchstaffing.com

Topic: Overview of Youth Engagement & Support Opportunities

- Mission: Our mission is to provide young women with a supportive, empowering, environment where they can learn, collaborate overcome adversity in facing today's social issues
- Vision: We envision an equitable world where all women are supported, empowered connected and thriving
- For girls ages 13-18
- Our annual conference brings together women leaders who are; coaches, doctors, therapists and trainers with teen girls ages 13-19 and provides the girls an opportunity to connect with like-minded teen girls and learn coping skills to help them face the challenging social issues of today's world. Now with the recent health pandemic we are offering virtual "Spark Events" monthly to reach more girls across the state & eventually reaching nationwide.
- Opportunity for teens to be "Spark Influencers" as well as adults for "Spark Adult Ambassadors"
- Contact: Julia Kasper: JuliaKasper@GirlsSpark.com or Laura Kasper at LauraKasper@GirlsSpark.com

New Business

- Seaford Police Department:-Tyler Justice: Officer Trading Card Program
 - Every officer will have a baseball card including a bio and personal message, when they interact with children in the community they will hand out the cards so that children can collect them; prizes available depending on how many cards the children accumulate, 30-40 cards total
 - Looking for sponsors for the program, logo can be placed on the card
- Seaford Community of Hope has a new grant and many upcoming events
- Discussion around COVID for Governor's Office Survey to be distributed
 - Where are we getting the information around COVID such as information, testing and vaccinations?
 - What type of misinformation is common?
 - What do you need from the Governor's office to better help educate constituents around deployment and how to access information?
 - What do you feel are the missing education pieces around COVID?

Partner Updates



- Kiera from CFF: monthly get togethers (Get educated on Trauma) will be focused on COVID Vaccine; DPH is taking over to help answer questions
- DAPI is in need of mentors for teenagers; looking for someone to encourage, inspire, uplift

Meeting adjourned at 10:08 a.m. by Janet Ray with a second from Karen Johnston

Attendee Matrix

1.	Crystal Timmons-Bryant	SCHC	
2.	Peggy Geisler	SCHC	
3.	Emma Braun	SCHC	
4.	Dawn Paramore	LPCMH CAADC- Systems of Care	
5.	Janet Ray		
6.	Matt Coyle	American Lung Association	
7.	Judy McCormick	DCGP	
8.	Kaitlin McGee		
9.	Karen Johnston	UD Cooperative Extension 4H	
10.	Kiera McGillivray	CFF	LMFT Program Manager
11.	LeeAnn Harden	Courageous Hearts	
12.	Lindsay Hughes	UD Cooperative Extension 4H	
13.	Lori Pritchett	Delaware Futures Sussex	
14.	Nikki Mowbray	Multiplying Good	
15.	Zjohdell Hudson	FSCAA	
16.	Laura Kasper	Girls Spark	
17.	Becca Sulpar	Intern, UD-4H	
18.	Barbara Antlitz	CAMP Rehoboth	
19.	Malika Pettyjohn	DAPI	
20.	Quiana Dorn	Dover Behavioral Health System	
21.	Jackie Ortiz	La Esperanza	
22.	Frank Ferlenda	UD	
23.	Jacqueline Contreras	NAMI Delaware	
24.	Tyler Justice	Seaford PD	