

Youth Resiliency Committee

A Sub-Committee of the Los Alamos Community Health Council

Collaborating to Build an Engaged, Connected, and Thriving Community

Vision: We envision a community where **all adults are developing awareness and skills** and all youth are **becoming** connected, engaged, and resilient.

Mission: We support youth and family well-being by bringing awareness to strengths and challenges; connecting people, ideas, and resources; and **increasing access to** services and activities in our local and neighboring communities. **We aim to recognize and celebrate every community member and foster a sense of belonging for all.**

October 4, 2021

Welcome and Share – Identity Activity from Learning for Justice’s [Unpacking Identity](#) lesson.

Present - Tara Adams (JJAB Resource Specialist), Lisabeth Lueninghoener (STEAM Lab and Los Alamos County Racial Equity and Inclusivity (REI) Task Force), Desaree Jimenez (LA Cooperative Extension Service), Morrie Pongratz (LAPS Foundation and Kiwanis), Bailey Martinez, Marie Vigil (Youth Activity Center Site Directors), Cam Counters (CHC Member), Don Casperson (Kiwanis Club and LAPS Foundation), Deni Fell (Los Alamos County Social Services Department Case Coordination Specialist), Eli Argo (Los Alamos Teen Center Assistant Director), Brandi Seekins (LAPS Prevention Support Specialist), Carie Fanning (Family Strengths Network Director), Kristine Coblentz (LAPS Healthy Schools Director)

Resilience Discussion –

Unity Day Message – October 20, 2021 – United for Kindness, Acceptance, and Inclusion
Focus on honoring and celebrating differences and each person’s unique contribution. Balance achievement and competition with an emphasis on collaborative projects, service, and expressing specific appreciation for others.

Action Item:

⇒ Celebrate in your organization or sphere of influence - Unity Day activity ideas [here](#).
Strengthen relationships by reaching out to at least one person this month. One idea is to write an orange sticky note for someone with a specific compliment or appreciation or message of encouragement.

Learning Moment: Reminder when engaging youth in service or other projects to consult the ladder of youth voice which was developed as a tool to help evaluate how youth are engaged and involved in their communities. When youth are offered authentic leadership opportunities in partnership with adults, they naturally develop a sense of control and feelings of competence and confidence. Additional articles about this model by youth engagement consultant Adam Fletcher can be found [here](#).



Adapted by Adam Fletcher (2011) from work by Roger Hart, et al. (1994)

Community – What supports are most needed now? How can we leverage our collaborative to make an impact?

- Mental health – adults and youth
- Housing – impending risk of homelessness for a number of seniors/ families
- Child safety – even in cases that have been reported and investigated by CYFD, some children remain in unsafe living conditions
- School board election and public schools building act

Ideas:

- Train more people in gate keeper programs like Youth Mental Health First Aid
- Check in with the CHC Basic Needs Sub-committee to coordinate efforts and ideas
- Reach out to faith-based organizations to assess their ability to support families/elders in crisis
- Develop program to work with landlords to secure spaces for families in crisis/transition
- Explore the Crisis Nursery model where parents in crisis can receive respite support and connection to related services
- Expand LAC Social Services department to meet the emerging needs – train more community health workers, consider a volunteer/ peer navigator model
- Create a local hub for intensive crisis support and integration of services that can manage long-term support if needed
- Continue to increase coordination and break down silos

Action Items:

⇒ Encourage parents and caregivers and anyone who works or volunteers with youth to sign up for a Youth Mental Health First Aid course. More information on the JJAB [website](#).

⇒ Raise awareness and promote the services that are available at the [Health Commons](#) from Las Clinicas and the NM Department of Health. Higher numbers of engagement will increase support AND help us demonstrate the need for these vital services.

⇒ Attend the next YRC meeting to learn more about and connect with [Life Link](#) services – breaking the cycles of chronic homelessness, mental illness, trauma, exploitation and addiction.

⇒ Get informed and vote on or before November 2nd. Los Alamos League of Women [2021 Voter Guide](#).

100% Community Initiative Update – All of our committee concerns fall under one of the 10 vital services. Consider which Action Team you will join as this project progresses.

* Food * Housing * Medical and Dental Care * Behavioral Health Care * Transportation * Parent Supports * Early Childhood Learning * Community Schools * Youth Mentoring * Job Training *

School Year 2021-22 Planning –

As a community committee, where are we? Where do we want to be? How are we going to get there? See bolded text for updates to the Vision and Mission above.

What are our next steps? Possible action items in order of priority:

- Assist with 100% Community Initiative Survey and implementation process
- Series of PSAs from YRC to increase awareness, amplify our message
- Continue JJAB-LAPS Community Conversations – see notes for possible topics
- Facilitated Youth Focus Groups to gather feedback – use more creative, engaging formats
- Create Trauma Informed Resource Hub or Guide for Community Partners and Organizations + Training Series

Next meeting – November 8, 2021, 9:30 - 11:00 am at Los Alamos Teen Center



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COLLABORATING TO BUILD
AN ENGAGED, CONNECTED, AND THRIVING COMMUNITY

OCTOBER 2021

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Our Mission: We support youth and family well-being by bringing awareness to strengths and challenges; connecting people, ideas, and resources; and **increasing access to** services and activities in our local and neighboring communities.

We aim to recognize and celebrate every community member and foster a sense of belonging for all.

We are a network of community partners who meet once a month to support one another and share collaborative resources and activities. For more information call 505-663-2263 or email k.coblentz@laschools.net. Previous editions of the newsletter can be found [here](#).

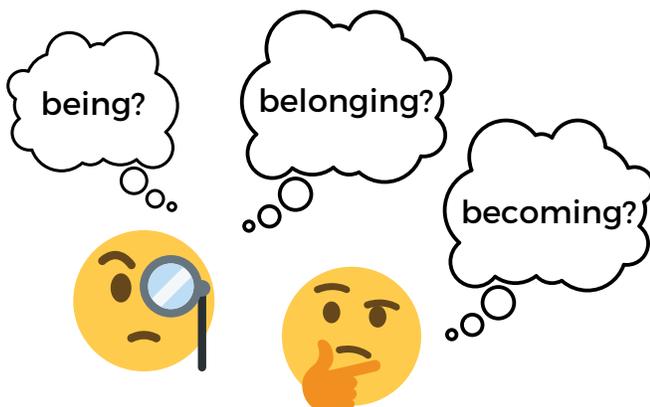
Next YRC Meeting!

Join us on Monday, October 4th
from 9:30-11:00 am
at the Los Alamos Teen Center.
All are welcome to attend.



October's Prevention Theme

**As a community,
how, where, and what are we...**



UNITY DAY

UNITED FOR
KINDNESS
ACCEPTANCE
INCLUSION

Wednesday, October 20

What does effective bullying prevention look like?

- Teaching an appreciation for differences and unique strengths.
- Knowing the difference between teasing, being rude or mean, and bullying.
- Being curious about behavior.
- Practicing communication and conflict resolution skills.
- Learning how to be an Upstander.
- Supporting the bully and the bullied.
- Establishing clear structures and expectations.
- Adults practicing and modeling all of the above.

Mental Health Challenges Continue to be a Community Concern

Register for a **free**
Youth Mental Health First Aid course
with Los Alamos JJAB [here](#).





Resource Highlight

Los Alamos County Library System: Groups, Resources, and Volunteer Opportunities!

Baby Time - for ages 0-2 and their caregivers.

What's Up Wednesdays - games, activities, fun for ages 7-11.

Homework Help Lab - an opportunity for teens to volunteer and elementary and middle school students to get support from an older peer.

Teen Book Buddy - teens encourage an elementary schooler by listening to them read aloud.

Random Fandom - a group where teens can hang out and talk about all of their favorite things!

TAG (Teen Advisory Group) - discuss all things books and check out the newest arrivals!

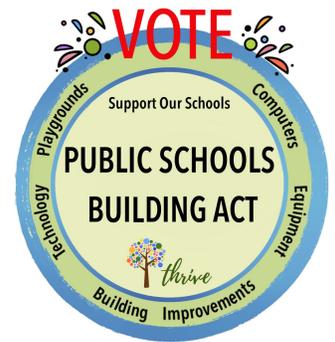
Teen Library Volunteer - a chance to give back to our awesome librarians and fellow book lovers.

100 Books Before College Challenge - you got this!

More info about all of the library's resources and offerings at this [link](#).

Support Our Schools!

This essential funding is utilized to enhance learning environments for students at all of Los Alamos Public School sites. Early voting begins on October 5th. Election Day is November 2nd. Your vote matters!



Visit this [link](#) to sign up with code: **LATeen**

Tip of the Month

In an increasingly divisive world, try these four key steps from Brene Brown for finding a sense of true belonging:

1. Make contact with people you disagree with.
2. Share collective joy and pain.
3. Speak up (nicely) when you disagree.
4. Embrace the paradox.

Read the complete article to learn more [here](#).

"That is part of the beauty of all literature. You discover that your longings are universal longings, that you're not lonely and isolated from anyone. You belong."

- F. Scott Fitzgerald





Los Alamos Public Schools

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Los Alamos, New Mexico 87544

PRESS RELEASE

For Immediate Release

LAPS Celebrates Unity Day

UNITY DAY



**UNITED FOR
KINDNESS
ACCEPTANCE
INCLUSION**

PACER's
National Bullying Prevention Center.
Create a World Without Bullying | PACER.org/bullying

Los Alamos Public Schools continues to celebrate Unity Day every year as one way to raise awareness and prevent bullying in our schools and community by promoting kindness, acceptance and inclusion. Founded in 2006 by PACER's National Bullying Prevention Center, this campaign is held during the month of October and connects communities around the world.

"Unity Day reminds us to celebrate how we are each unique and we are all connected. It encourages us to recognize that each person has strengths to contribute. Unity Day emphasizes honoring differences and reaching out with

kindness and understanding," explains Healthy Schools Director Kristine Coblentz.

Unity Day is Wednesday, October 20th and everyone is encouraged to **WEAR and SHARE ORANGE** to visibly support the belief that no child should ever experience bullying.

More than 1 out of every 5 students report being bullied, according to the National Bullying Prevention Center. This past year, a worldwide pandemic and a growing movement for racial equity and social justice have highlighted the need to unite communities for a better future. It is more important than ever to join together in creating a world that is kinder, more accepting, and more inclusive.

At LAPS, teachers and school counselors lead classroom lessons to help students learn and practice what kindness, acceptance and inclusion look like. In partnership with student clubs, they sponsor activities to build school community throughout the year. Some examples include Start with Hello Week, the Great Kindness Challenge, Heart Attack, and school spirit weeks. If students experience bullying, they are encouraged to tell a trusted adult or report through either the district's website or, for secondary students, through the See Something, Say Something Anonymous Reporting app.

Brandi Seekins, LAPS Prevention Specialist, adds, "On Unity Day and every day, we each have an opportunity to reach out in kindness. This year we encourage everyone to take a moment to write a note of specific appreciation to someone in the community: a teacher, a neighbor, the mail delivery person, a store clerk, a coach... anyone whose kind acts may frequently go unnoticed."

To learn more about National Bullying Prevention Month, go to [PACER.org/Bullying](https://www.pacer.org/bullying).

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For more information, please contact:

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October 18, 2021