

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.

November 8, 2021

Welcome and Share – [Gratitude Challenge](#) – today's prompt is Nature – What nature do you frequently come in contact with? How does it make you feel when you experience it? Reflect on something beautiful in the nature around you.



Present - Tara Adams (JJAB Resource Specialist), Sylvie Johnson (The Family Y Wellness Director), Morrie Pongratz (LAPS Foundation and Kiwanis), Kate Cleveland (FSN Board, Health and Wellness Coach), Don Casperson (Kiwanis Club and LAPS Foundation), Carie Fanning (Family Strengths Network Director), Marie Vigil (Youth Activity Center Site Director), George Marsden (Los Alamos Teen Center Director), Melissa Mackey (Mesa Public Library Youth Services), Deni Fell (Los Alamos County Social Services Department Case Coordination Specialist), Brandi Seekins (LAPS Prevention Specialist), David Izraelevitz (Los Alamos County Council, Los Alamos Community Foundation), Kristine Coblentz (LAPS Healthy Schools Director)

Updates –

Kiwanis Sees Candy fundraiser – available at the UPEX store and online.

African Library is accepting donations of books and funds for shipping costs – the goal is to assemble one library per school by January. 90 libraries have already been collected and sent. Contact Sharon Allen for more info.

Mesa Public Library's Youth Services will be hosting a Table Top Gaming Day during Winterfest on Saturday, December 4th from 11 am – 4 pm for ages 4-18. An excellent intergenerational opportunity for adults to host game tables – bring your own or choose from 400 available games. Contact Melissa at mj.mackey@lacnm.us to sign up. Hot chocolate and cookies will be served. They are also planning an event in coordination with the Senior Center to learn and play card games.

Key Clubbers will be helping out at Trinity on the Hill Church's Children's Bazaar on December 4th where kids can shop for inexpensive holiday gifts. The annual Santa event will take place at the Catholic Church Parish Hall – no breakfast this year but an opportunity to take photos with Santa.

FSN is hosting a Sensory Friendly Holiday event on December 14th from 5-7 pm for children with developmental disabilities or who are challenged by larger group activities.

The Los Alamos Teen Center is planning to host de-stress activities for teens in preparation for the end of semester and finals week – epic nachos, henna, puppies and kittens.....

The Family Y Wellness Department is planning a Jingle Bell Predict Your Time Walk/Jog for December 11th. The Middle School Fitness and Fun class series has been a success with funding support from JJAB and in response to a recognized need and community request. 8 teens have the opportunity to work with a personal trainer to learn technique and set goals, try out Y classes, and participate in the Cooperative Extension's Teen Cuisine class.

Los Alamos Family Council is moving to a new location at 1350 Central Avenue and will be hosting a 60th anniversary celebration open house from 5-8 pm on November 30th.

Resilience Discussion –

Lara Yoder from [the Life Link](#) presented re: vital housing resources and related services for Los Alamos County and surrounding northern county residents. The Life Link also provides behavioral health services, substance abuse counseling, and case management. Staff are trained to see and work with the family as a whole and in mental health and trauma-informed care.

Lara described in detail the different housing support programs and requirements for clients to be eligible. These are last resort options for clients who have exhausted other local sources of support to either keep them housed or get them into housing. Depending on the funding source, the support may be offered to prevent eviction; to help pay back rent and utilities and some portion of rent for a period of time; to help people who are working but are experiencing homelessness; to help families move into a home and back on their feet including assisting with deposits, rent and utilities; to help people who have a disability and are homeless or precariously housed. The Life Link staff are able to help determine which funding is the best fit and also assist clients with applying for other sources of support.

Los Alamos County related resources include Los Alamos County Social Services Department, Self Help, Inc., LA Cares, and local churches.

Contact Info:

lyoder@thelifelink.org

505-819-9901

Possible Action Items:

- Share this information with people with whom you come in contact who may be eligible for support or colleagues who work with families who could benefit
- Help break stigma of asking for help by educating community members about the resources and their qualification guidelines
- Participate in a Fair Housing training
- Connect clients with legal aid as needed, assure they are aware of tenant rights
- Consider joining the 100% Community Housing Action Team when it forms
- Host a community meeting to inform landlords and recruit them as partners
- Assure the court staff have resource lists to offer people at risk of eviction

Updates and Resources –

- Helping Students Reacclimate to Being with Others All Day [article](#)
- The ‘devious licks’ TikTok challenge [article](#)
- [Relationship Mapping Strategy](#) is being utilized at LAMS
- Problematic Substance Use will be the topic of the November JJAB meeting – a solution focused discussion on possible community response and collaboration
- Lower numbers of individual attendance at the Teen Center, FSN, and the public library (established groups are active), an increase in new members at the YACs
 - Possible reasons - some parents are still working at home, mask fatigue, waiting for vaccines for younger students, safety concerns

Next meeting – December 13, 2021, 9:30 - 11:00 am at Los Alamos Teen Center