

## **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.

December 13, 2021

**Welcome and Share Celebrations** – present – Carie Fanning (Family Strengths Network Director), Veronika Magnelind (The Family YMCA Sports, Youth and Family Program Director), Tara Adams (JJAB Resource Specialist), Mary Beth Bloser (Health and Wellness and SENG (Supporting the Emotional Needs of Gifted Children) Parent Coach), Jenny McCumber (Executive Director LAPS Foundation), Morrie Pongratz (LAPS Foundation and Kiwanis), Don Casperson (Kiwanis Club and LAPS Foundation), Kate Cleveland (FSN Board, Health and Wellness Coach), George Marsden (Los Alamos Teen Center Director), Melissa Mackey (Mesa Public Library Youth Services), Eli Argo (Los Alamos Teen Center Assistant Director), Kristine Coblentz (LAPS Healthy Schools Director)

**Share** - Calls for assistance/ help with promotion, getting the information to those who need it:

Free ESL Classes for Adults taught by UNMLA instructor, hosted by Mesa Public Library (activities for children 6 and up facilitated by partnering organizations) and FSN (childcare available) will be starting in January

Referees needed for the Family YMCA basketball program

Veronika from the Family YMCA is working on an idea for a Self Defense/ Upstander/ Verbal De-escalation Class for middle school youth in collaboration with Strong in Nature. FSN has provided similar classes for elementary youth and high school health classes in the past.

Veronika is also interested in starting a 4 week summer sports camp to provide another more consistent summer option for families and an intramural sports program, needs that have been recognized for a long time. Lack of available gym space continues to be a challenge.

Our Whole Lives sexuality program for children in grades K-2 will be starting at FSN in February.

### **Resilience Discussion –**

Updates and feedback from JJAB Meeting discussion on problematic substance use

- Both prevention and intervention supports needed
- Create Friday Night Fun Nights as an alternative to partying
  - Rotate space, collaborative partners, activities to keep it fresh

- Gathering places with facilitated support from an adult mentor centered around a creative arts theme (theater, music, visual arts) may be more effective to support youth who are struggling than stock or generic prevention programs/ activities
  - Informal, serve food, welcoming, non-judgmental, supported by adults in recovery, attend by invitation
- Harm-reduction, safety focused messaging targeted to parents and youth needs to start now to raise awareness before legalization
- Continue awareness presentations for parents/ caregivers– how to get more attendance? Other ways to get info to parents?

2021 YRRS Survey Complete – random sample of students in grades 6-12, some parent concern expressed, need to continue to educate and inform people about the value of the survey, notify parents ahead of time

LAPS Safe and Civil Schools Climate and Safety Trends Survey – open now to parents/ caregivers, students, staff to provide feedback on conditions in the schools to inform school improvement initiatives

### **2021-22 Check In –**

As a community committee, where are we? Where do we want to be? How are we going to get there? Are we aligned with our purpose? What are the highlights? Where are the pain points?

### **Highlights:**

- We are people of service who care about youth and families.
- Seeing each other, learning about services that exist for youth in our community.
- Strong, supportive community, we want to have an impact.
- Sharing information about what programs and opportunities are available.
- Supporting one another, filling our cups.
- Fruitful, organic conversations.
- Learn what others are doing but not in a formal sharing.

### **Opportunities for Growth:**

- How do we get the information we discuss and generate back out to the community?
  - YRC newsletter, attendees need to take it back and share it with organizations
  - IDEAS – regular PR directly from the committee, Social media, Teen created TikTok content, Monthly column, JJAB Community Conversations
- How do we get information and resources to the people who need it most?
  - Currently - Word of mouth, connections, existing relationships
- How do we increase our impact?
  - Schedule a second meeting/ month to share food and work in committees around particular areas
  - Move from discussion to action

- Get community leaders to attend – get them to understand the issues and act
- Still talking about the same things i.e. Tween Center
- Need more time to support one another and get the work done
- More collaboration
- Balance rich discussion with actionable items – i.e. substance awareness messages
- See community through multiple lenses to create a full picture
- Host a Youth Summit with adults and young people working together to create effective solutions
- Take time to map existing programs and services and vision around what the ideal would look like – no barriers, a community that fulfills our mission and vision – what impact could this have for youth and families?
- Large group program share could be better – use of time is great for gratitude/SEL conversations, maybe program info shared in another way?

What are our next steps? Possible action items (carried over from previous meetings):

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

#### **Upcoming Opportunities for Collaboration/ Engagement –**

Resource Highlight and Events needed for January newsletter – send them to [k.coblentz@laschools.net](mailto:k.coblentz@laschools.net)

**Next meeting – January 10, 2022, 9:30 - 11:00 am at Los Alamos Teen Center**



# Youth Resiliency Committee

A Sub-Committee of the Los Alamos County Health Council

COLLABORATING TO BUILD  
AN ENGAGED, CONNECTED, AND THRIVING COMMUNITY

DECEMBER 2021

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

**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](mailto:k.coblentz@laschools.net). Previous editions of the newsletter can be found [here](#).



## Next YRC Meeting!

Monday, December 13th  
from 9:30-11:00 am  
at the Los Alamos Teen Center.  
All are welcome to attend.





## 8 Benefits of Playing Board Games

As we continue to adapt to living through a global pandemic, many people are feeling the effects of isolation and a lack of social interaction. Access to technology makes it easy to retreat to our corners on our own devices. Social skills are rusty at best and you may be finding it difficult to sustain attention and stay on task. Connie Stemmler from Happier Human shares eight ways that playing board games can contribute to a happy and healthy lifestyle and may even help us recover from the negative impacts of the last 18 months.

- 1.Reduces Screen Time
- 2.Creates Connections with Friends and Family
- 3.Produces Great Memories
- 4.Offers Valuable Teaching Tools for Children
- 5.Reduces Stress
- 6.Increases Cognitive Function
- 7.Makes Socializing Easy
- 8.Increases Confidence

Read the full article including Action Tips [here](#).

## Tip of the Month

Dreading holiday party small talk or tense family dinner conversations? Create more authentic connections by channeling your curiosity into creative, open-ended questions. Try these: What was the most important holiday you remember growing up? Why? What were things like for you as a child? Why did you decide to take the job that you did? What do you love most about the place where you live? What are you looking forward to in the New Year? Learn more about the power of asking bridging questions - those that you don't yet know the answer to - [here](#).



### Winterfest Tabletop Game Day

Bring the family or some friends to try out a new game or play an old favorite from the library's extensive tabletop game collection.

All ages are welcome.

Hot chocolate and cookies will be served in The Zone during the event.

**December 4, 11:00- 4:00 pm**  
**at Mesa Public Library**  
**lower-level and The Zone.**

**"Real generosity towards the future lies in giving all to the present."**

**- Albert Camus**