

Community Partners Leadership Team

L.Y.N.C.

Linking Youth to a Nurturing Community

Summer Wellness for Youth Forum



Agenda



Registration

Welcome/Icebreaker

Mental Wellness - John Broadus, *Bluegrass.org*

Nutritional Wellness - Erin Casey, *FoodChain*

Physical Wellness - Kaylee Kroyer, *YMCA*

Questions & Answers Session

Resource Fair/Presentation Connection



WELCOME

Miranda Scully

*District Coordinator
Family and Community Engagement
FCPS*



Mental Wellness

John Broadus

Youth Empowerment Prevention Specialist

Bluegrass.org

Bluegrass.org

- Bluegrass.org is primarily known for the mental health services it provides to children and families, while also providing prevention based education.
- Bluegrass.org mental health services are trauma-informed and person-centered. This means Bluegrass includes choices of the child and family throughout the process and take into account any past traumas. Bluegrass offers flexible services and evidenced-based treatment. Treatment professionals work quickly to identify areas of distress and emphasizes partnerships with youth, families, and other care providers.



Bluegrass.org

- Prevention education and prevention services are geared to prevent or reduce high risk behaviors such as underage alcohol and tobacco use, prescription drug misuse and abuse and illicit drug use. In addition, prevention specialists work to break down the stigma associated with mental health and to prevent bullying and suicide.



Youth Empowerment

Two Main Goals...

- 1. To assist existing youth groups and youth coalitions*
- 2. To create new youth groups and youth coalitions*



Youth Empowerment

- As a youth empowerment specialist, I am tasked with providing prevention services to youth from many different, racial, gender, ethnic, and socio-economic backgrounds.
- The goal is to improve behavioral health outcomes for youth, families and our communities. Reducing a single risk factor has been shown to lead to a reduction of multiple problems in the family, school, peer group and community. Increasing protective factors supports healthy development in all areas of life and builds resiliency to help youth resist influences that lead to unhealthy choices.



Youth Empowerment

- Prevention specialists provide assistance and consultation to the local community. We work with schools, health departments, law enforcement, coalitions and individuals to implement effective prevention strategies in each of the 17 counties we serve.





Nutritional Wellness

Erin Casey, MS, RD, LD

*Director, Community Outreach and Education
FoodChain*



foodchain

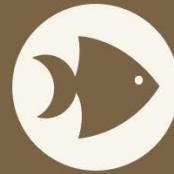
Total Impact

PRODUCTION



3,711 lbs.

Lettuce, Herbs & Microgreens



1,629 lbs.

Sustainably Farmed Tilapia



122,021 meals

Served at Smithtown Seafood

EDUCATION



8481

People toured FoodChain



462

Tours offered by FoodChain



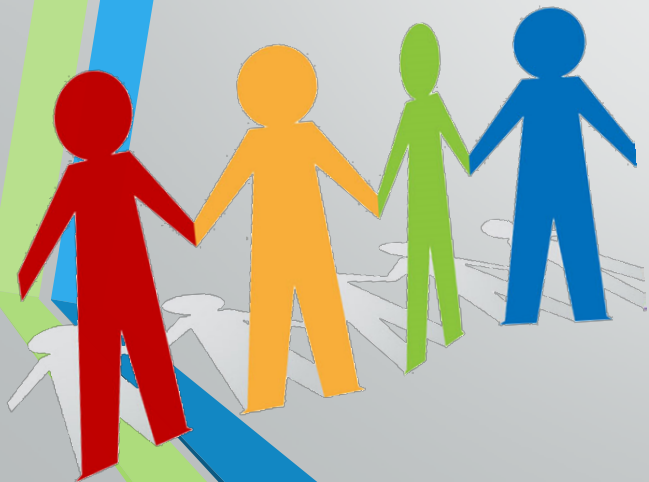
196

Field trips by schools and workplaces



32,841

Contact hours of education



FoodChain Demonstration

DIY Go-gurt Bars

Ingredients:

1 cup frozen blueberries

1 cup frozen spinach

1 frozen banana

1/2 cup plain greek yogurt

1/3 cup milk

Directions:

Blend until smooth.

You can either drink it as a smoothie or place it in either a popsicle mold or plastic baggie and freeze for later!





Physical Wellness

Kaylee Kroyer, RD, LD

Healthy Living Coach
YMCA

YMCA

FOR YOUTH DEVELOPMENT.
FOR HEALTHY LIVING.
FOR SOCIAL RESPONSIBILITY.

Core Values

Caring – Honesty – Respect – Responsibility

*“To put Christian principles into practice
through programs that build healthy spirit,
mind and body for all.”*



For Youth Development

“The Y nurtures the potential of every child and teen by supporting their unique youth development journey through holistic programming. From cradle to career, the Y provides all youth with the tools and resources they need to succeed in life. The Y.™ For a better us.”



Programs for Youth

Safety/Life Skills

CPR Certification
Babysitting Safety
Water Acclimation

Enrichment

After-School Program
Black Achievers Program
Summer Camp

Physical Development

Ballet
Basketball
Flag Football
Gymnastics
Soccer
Swim
Martial arts
Volleyball
Fencing
Archery
Baseball
Scuba/Snorkeling
Kid's Triathlon
Horseback Riding



Families at the Y

Indoor/Outdoor Pool

Group Exercise

Wellness Center

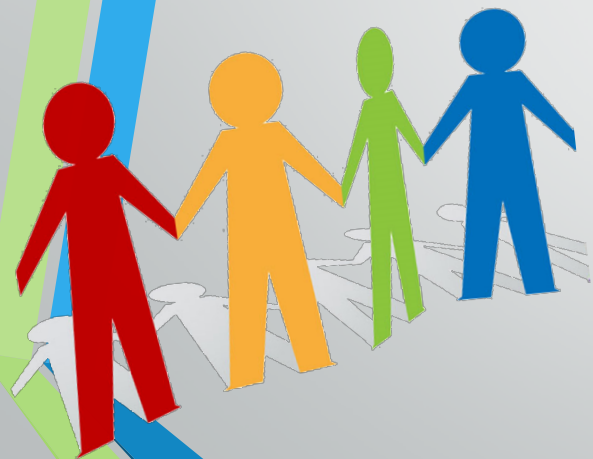
Gymnasium

Walking Track

Monthly “Family Events”



Q & A



Resource Fair

Presenter

Connection

