

**Healthy Youth Action Team-Zoom Meeting 3/18/2024 @1:00pm**

**Attendees:**

Co-Chair: Lisa Smith

Victoria Ingerle-CRMC Injury Prevention

Amy Dyer-Wyoming Hand in Hand (Cheyenne Laramie County Public Health)

Chantelle Runion-Youth Alternatives, Court Services

Krystal Arias- HealthWorks

Melissa Johnson-Community Impact Coordinator Boys and Girls Club

Tia Fitzgerald-Community Engagement - United Way

Kristin Custis- Big Brothers Big Sisters

Chris Zimny-Laramie County School District #1

**Information and Data**

This meeting began with sharing exciting things happening in Laramie County. Victoria shared that Safe Kids Day is now scheduled for April 27th from 10am-2pm at the YMCA. This year they have added eye checks with The Lions Club, they will have inflatables, a bike rodeo and the usual car seat check event from 10am-1pm. Also, Victoria will be doing car seat checks in Pine Bluffs on the 4th Thursday of the month from 10-1 at the community center. Youth Alternatives is starting groups and will send a flyer to Lisa. The United Way Gala is also coming up on April 12th and tickets are available through United Way’s Facebook. Again discussed how HealthWorks now has behavioral health services through their mobile unit at Johnso, McCormick and Carey.

Next the team moved on to a quick data dive which can be found in the attached PowerPoint. Links to data are on each slide, with the disclaimer that all data has some bias and we are still struggling to find some of the local data. We looked at the Wyoming Head Start State Collaboration Office Needs Assessment from 2022 ( <https://edu.wyoming.gov/wp-content/uploads/2023/10/Wyoming-2022-Needs-Assessment.pdf> ) finding that most centers in the state have some efforts for school readiness all the way from formal collaboration to cooperation and that there is a continued gap identified for staff accessing additional training and support, The 2022 PNA data for Laramie County which we have points from 2018 and 2022, specifically talking with adults or parents in their lives (<https://www.pnasurvey.org/Home> ), and The National Center for Education Statistics about mental health of students returning to school after Covid (<https://nces.ed.gov/programs/coe/indicator/toa/k-12-covid-recovery?tid=4#:~:text=Other%20issues%20facing%20public%20schools,mental%20health%20services%20from%20school> ), and finally the Office of Civil Rights Data for the nation, state and LCSD #1 (<https://civilrightsdata.ed.gov/profile/us/WY?surveyYear=2020> ). Trends confirmed that there are still major gaps in local data, especially for early childhood. Gaps we have identified are confirmed as well as the fact that a mental health check in for youth would have to come from peers, due to the decrease in communication with adults. There is always a need for more data, so feel free to always share or to reflect on any of the data shared.

**LCCP Needs Assessment Action Item-Economic Stability**

After the brief data dive was completed the team returned to a brief brainstorm for youth mental health, which can be found at this link: <https://ideaboardz.com/for/Create%20Change-Youth%20Mental%20Health/5177478>. Discussion continued around needing youth voice and the potential of a community youth advisory board and that the next steps will be drafting a survey for youth. Questions around families being in crisis mode and if they have enough were proposed, as well as looking at social determinants of health. In the interest of not recreating the wheel Chantelle found a national survey with some pretty in depth questions that we could also pull from ([https://www.nami.org/Support-Education/Publications-Reports/Survey-Reports/Poll-of-Teen-Mental-Health-from-Teens-Themselves-(2022)/NAMI-Teen-Mental-Health-Topline-2022.pdf](https://www.nami.org/Support-Education/Publications-Reports/Survey-Reports/Poll-of-Teen-Mental-Health-from-Teens-Themselves-%282022%29/NAMI-Teen-Mental-Health-Topline-2022.pdf)). The team came up with a few additional questions around if a check in would be helpful, if youth would like to be involved in community work, how they handle being upset or stressed, what they are upset or stressed about, and what would be their magic wand wishes for youth in Laramie County. There was a brief discussion on where to get this information/survey out to youth. Kristin brought up that permission for the schools seems to be changing and Chris was able to join us and clarify that school groups may be harder to access again as we used to have passive permission and a law is now changing that to active participation permission. So, discussion occurred around reaching out where youth may hang out and accessing clubs or groups that we are aware of and work with.

The brainstorming idea board for Early Childhood was not the main focus due to EvaLyn not being able to attend, but if thoughts need added in the interim it can be found at <https://ideaboardz.com/for/Create%20Change-Early%20Childhood%20Gaps/5177479> and additions are always welcome, especially if you were unable to attend a meeting.

Next meeting will look some more at capacity for changemaking in the early childhood area as we continue to brainstorm both early childhood and youth mental health as current action areas. A draft of the survey with 10-15 questions will be the focus as well. Team members were encouraged to reach out to people that they know that should be here as we move forward to make change in this sometimes-slow process.

**Next Steps:**

* Lisa will continue to communicate with Amy about a potential Facebook page, as well as needs we may have to be able to execute a youth survey.
* Lisa will draft a survey and get it to the team for feedback.
* The team will respond to any asks for opinions and editing of the survey.
* There is always an IdeaBoardz created for the monthly Clear As Mud ending of the meeting. If unfamiliar, Clear As Mud is an opportunity for team members to ask any unresolved burning questions, voice needs for clarifications or specifics of constructive criticism anonymously and the co-chairs can then address these questions, curiosities or comments to the entire team. If you would like to participate you may do so here. <https://ideaboardz.com/for/Clear%20As%20Mud/3274717>

Next meeting: April 15th at 1:00pm by Zoom