**4-H Youth Development Team**

January 2017 Highlights

**Volunteer Development**

* **Groundwork to Reconvene and Grow 4-H Project Groups** - Leadership for the Cloverbud and Dog Project groups have moved away, Cultural Arts has been inactive for a couple of years, and we've never had an active Summer Camp Planning Committee. I've been working to provide support to each of these groups in the building phases – recruiting new volunteers to help, offering guidance and resources, and convening meetings.

**Strengthening Families:**

* **MindUP Staff Inservice for BRF School District –** Lisa Listle and I led the 2nd of 4 MindUP inservice trainings for 27 BRFSD staff members who plan to incorporate mindfulness into their classrooms or other school settings. This session focused on teachers developing a mindfulness practice of their own and how that change alone may have an important impact on their classrooms. The 3rd session will take place in mid-February.
* **Taking Care of You: Body Mind Spirit Master Training** – I hosted the Master Training for 16 colleagues from around the state (including Lisa Listle and myself). The Lead Trainer came from University of Missouri Extension where the program was developed. The Master Training allows us to train facilitators across the state in this evidence-based stress reduction curriculum; those facilitators may then teach the curriculum to participants in their home communities and beyond. Lisa and I will use it to build capacity for good mental health in Jackson County as we plan to host another facilitator training soon.

**Other Projects -**

* Annual Reporting for the state
* Planning and preparation for early 2017 programs
* Troubleshooting and behind the scenes work for the HWPP and WPP grants
* Vacation time with family

**Key Meetings:**

12/13 – HWPP Social Marketing subcommittee & MBSR conference call

12/14 – NW Regional 4-HYD mtg

12/15 – HWPP subcommittee mtg

12/19 – Staff mtg, State Teams conference call, STEM Team conference call

12/21 – County/Tribal Partner Communications Team conference call

1/3 – HWPP Social Marketing subcommittee

1/9 – TFJCK Leadership Team mtg, staff mtg

1/10 – DEC Team mtg

1/11 – HWPP conference call, Tobacco-Free Coalition mtg, County/Tribal Partner Communication Team conference call

**Trainings/Workshops Facilitated/Led:**

12/15 – Strengthening Families (last night)

12/16 – MindUP Staff Inservice

1/4 – Taking Care of You Master Training (hosted)