**4-H Youth Development Team**

November 2015 Highlights

**4-H Outreach:**

* **Ho-Chunk Nation Partnership** – Alex and I led Halloween Science stations at the Ho-Chunk Nation Youth Services Family Night. More than 190 people were served dinner that night and many of the youth stopped at our table to take part in our activities, which included making Frankenstein hands (baking soda and vinegar reaction inside a rubber glove), dissecting brains (jello brains), gross science trivia, and rubbery eyeballs (eggs with the shells dissolved off through a vinegar solution). Because of our long-time participation in these events, a group of parents have begun talking about starting a 4-H club. I am currently working with them through the first stages of that process.

**Volunteer Development:**

* **Charters and Re-enrollments** – I’ve been working one-on-one with lots of leaders and parents on preparing for the start of the new 4-H year. Many new families are signing up.
* **Youth as Partners in Civic Leadership (YPCL)** – Alex worked with Ho-Chunk Youth Council Youth to get a group registered to attend the YPCL Conference. While there, they will learn from other youth about leadership and develop a plan for how they can lead in the county.

**Strengthening Families:**

* **HWPP Partnership Council Meeting** – We conducted our first meeting of the Partnership Council for the grant and it was very well attended with representation from all 3 school districts, the Ho-Chunk Nation, Health & Human Services and the hospital. All partners are now informed of the plans for the grant and their role in it. We are scheduling our next meeting when we will begin the process of developing a referral mechanism and stronger communication between institutions to better serve the mental health needs of Jackson County youth.
* **Taking Care of You (TCY)** – We have begun offering TCY for adults in Jackson County and have 10 people in this first group. The program has been met with positive response and a great deal of interest and enthusiasm for reducing stress and improving how we manage it.
* **Youth QPR** – We have shared our evaluation tools as well as our model for teaching Youth QPR with staff from Marshfield Clinic so they can use it in both Marshfield-based high schools.
* **TABO** – Alex has been meeting every other Thursday with high school students in Lincoln and BRF School Districts, incorporating mindfulness into existing anti-bullying lessons. Students have been receptive to the additional opportunities to learn coping skills.
* **Strengthening Families (11-14)** – Though the SFP 3-10 was canceled due to lack of participation earlier this month, SFP 11-14 has just begun serving 5 families. Alex is co-facilitating the program with two other facilitators from the community.

**Professional Development:**

* **Mindfulness-Based Stress Reduction (MBSR)** – Alex, Lisa and I are participating in the online workshop so we can deepen our practice, better prepare ourselves to teach mindfulness to others, and further inform ourselves about this program we’re bringing to Jackson County.

**Key Meetings:**

10/5, 12, 19, 26, 11/2 – MBSR (Alex, Monica)

10/6 – Dean’s meeting about nEXT Gen, Meeting with HCN Youth Services Staff

10/7 – Staff mtg, HWPP Planning mtg, Mtg with regional liaison

10/8 – EEC, Program Area Wisline, Professional Concerns Committee mtg

10/12 – TFJCK Leadership Team mtg

10/13 – Staff mtg, ESP Board mtg

10/14 – Tobacco-Free Coalition mtg, Taking Care of You (observing), Broadband Boot Camp (Alex)

10/15 – HWPP Planning mtg

10/16 – HWPP conference calls with state staff, DOTS Training at Upham Woods (Alex)

10/19 – Taking Care of You planning mtg, STEM Team Wisline, 4-H Executive Board mtg

10/20 – Program Area Wisline, SQUAD mtg

10/21 – Regional 4-HYD mtg

10/22 – Youth QPR conference call with Marshfield, Research & Publications mtg

10/27 – HWPP planning mtg

10/28 – Living Healthy Team mtg

**Trainings/Workshops Facilitated/Led:**

10/6 – Strengthening Families mtg (Alex & Monica)

10/9 – Co-Facilitated Partnership Council Meeting

10/21 – Co-Facilitated Taking Care of You for 4HYD Colleagues; Youth Services Family Night

10/26, 11/2 – Co-Facilitated Taking Care of You (local program; Alex, Monica)

10/27 – SFP 11-14 (Alex)

10/29 – Parenting Fair at Black River Correctional Center (co-facilitated with Luane)