

Quarterly Newsletter

January 2022

COLLABORATING Doing what works in Adams County FOR YOUTH

Para español, haga clic en "traducir boletín" en el recuadro negro. Si usa un dispositivo móvil, haga clic en el círculo negro para traducir.

Winter greetings to our neighbors and friends across Adams County,

In the world of prevention, this time of year, every "other" year yields important data that helps drive decision making for Pennsylvania's local communities. The impressions of our area youth, shared via the Pennsylvania Youth Survey, as conducted in fall 2021 will help adults better understand the situational, behavioral and emotional circumstances of our youth. CFY has been collecting this data for just around 20 years. Importantly, we follow data trends and look for anomalies in data each survey year. This year will be "different" in some ways. Preliminary data is showing us what we suspected throughout the pandemic.... youth mental health has suffered. Isolation, illness, and the widespread impacts of COVID-19 have caused more than a "hiccup" in this year's data as reflected in a preliminary report from the PA Commission on Crime and Delinquency (www.pays.pa.gov).

The question arises.... "Are we different?" The situation around mental health and youth feelings of depression is not unique to Adams County or the Commonwealth of Pennsylvania. Unfortunately we had seen a trend building locally which has taken a leap as a result of the pandemic. And we aren't alone. Adults and youth across the nation are experiencing far greater need around mental health and suicidal ideation. On December 7, 2021 the U.S. Surgeon General issued a *Public Health Advisory* ([Surgeon general warns of emerging youth mental health crisis in rare public advisory - NewsBreak](#)) to help mitigate the risks of the growing youth Mental Health Crisis nationwide. Such advisories are seldom issued, but Surgeon General Vivek H. Murthy noted the relevance and importance of not replacing one public health crisis with another. In this he referenced COVID-19 and focused specifically on youth mental health. We further see adult data, from the [2020 NSDUH survey on substance use and health](#), reflecting similar information and for adults who could access substances during the

pandemic (where perhaps youth had less access) increased substance abuse became a detrimental risk factor to health and wellness.

The lessons of data as we begin our efforts in analysis and state-wide / national comparison are important. First, this is a "different" experience. We look to see if COVID's impact will diminish in subsequent years of data or is there a lasting impact? Second, we look to see if we have the resources to address growing mental health needs in our local communities and what resources should be bolstered and supported. Do we have enough therapy resources? What other supports are available in our communities? How can we decrease risks, provide and promote support and emphasize that love, relationships, and connection matter alongside safe practices during the continued impact of COVID-19?

If this work and looking at the numbers around the community table to build solutions interests you, please join us at the CFY Community Coalition, consider contributing to our data subcommittee efforts this spring, or join our mental health subcommittee. We offer opportunities to participate in-person, via zoom and through independent work that contributes to the community coalition's mission of :

Developing the positive potential of youth within safe, supportive families and communities.

And please remember to:

"Never doubt that a small group of thoughtful, committed, citizens can change the world.

Indeed, it is the only thing that ever has."

-Margaret Mead

Andrea Dolges, LPC
Executive Director
The Center for Youth and Community Development

Family Friday - Valentine's Event

Adams County's Collaborating for Youth (CFY) will be hosting a FREE - NOW VIRTUAL - Family Friday Valentine's Event on Friday, February 4, 2022 from 6:00 p.m. to 7:30 p.m. Family Friday Valentine's Event is the third in a series of quarterly events to be held in the Adams County area for children and adults of all ages. The events will be alcohol free as a part of CFY's mission to offer substance-free events for individuals and families in the community.

The Family Paint Night will be offered at 6:00 p.m. To register for Family Paint Night, [please click here](#)! Registrations will be limited. In addition to Paint Night, the CFY Youth Coalition Members will be launching their positive-messaging campaign which will include a fun interactive activity.

Family Friday Valentine's Event is FREE to all community members. Please check the CFY website www.cfygettysburg.com and Facebook page @CFYgettysburg for updates on the event.

For more information, please call Sami Slusser, CFY's Associate Director and Strategic Prevention Framework Project Director at 717-338-0300 x204 or email sami@cfygettysburg.com.



VIERNES EN FAMILIA Amor y Amistad

EVENTO ESPECIAL: Noche de Pintar
para la familia a las 6pm

¡AHORA VIRTUAL!

¡Únase a nuestro evento virtual GRATUITO.

El personal de CFY le entregará todos los suministros para la noche de pintar y para preparar un chocolate caliente.

(entrega de forma segura y sin contacto)

Llame al 717-338-0300

para registrarse.

"Las cosas más importantes en el mundo
son la familia y el amor."

John Wooden

griseydi@cfygettysburg.com

Visite nuestra página web www.cfygettysburg.com

COLLABORATING
FOR YOUTH

Doing what works
in Adams County

Hispanic Community Perspectives in Risk and Protection Focused Prevention

Although census data indicates that 7.1% of our population is Hispanic, data collected through local agencies and services reflects a much larger number. The Collaborating For Youth goal is to encourage representatives from the Hispanic community with a voice and power in substance misuse prevention for their own communities. Cultural competence is a critical and ongoing component of the Strategic Prevention Framework (SPF) which is how we are funding this specific project.



The structure of the SPF provides the opportunity to engage Hispanic community members, key leadership, and support agencies to prevent substance misuse utilizing the experts of their own culture and heritage, rather than presenting an "outside-in" approach. We started this process through five focus groups held throughout Adams County between July and October of 2021. The focus

groups were conducted through a collaborative inquiry method, with questions and answers derived in Spanish as a best practice utilizing primary language for focused meaning making.

Participants are eager to continue conversations about the needs and barriers for the Hispanic Community in Adams County. It has been expressed that the ability to build resources and find solutions together is empowering and should create long term results. Moving forward we will be holding monthly "Lunch and Learns" to continue to expand our Coalition.



Featured Partner: True North Services

How to Help Youth's Mental Health During COVID

TrueNorth Wellness Services had been seeing an increase in youth mental health issues related to anxiety, depression, and suicidal ideation prior to the COVID pandemic. As you can imagine, the pandemic has only increased these mental health issues for our youth.

At a recent presentation about mental health, a community member asked me what can be done to help our youth during these challenging times. She stated, "We constantly hear about the mental health crisis and yet many of us feel helpless to do anything." As I pondered her statement, I realized that people do not need more data and statistics on the mental health crisis, they need concrete actions that adults could take to help children successfully navigate life's challenges. Here are a few ideas that may alleviate stress in these trying times:



1. Self-care: When parents are feeling overwhelmed, stressed, and hopeless, children pick up on these emotions. It is important for parents to model healthy coping skills so that children can learn from your actions. This can be as simple as taking a walk, deep breathing exercise, or playing a family game.

2. Create routines and boundaries: Many children's routines were disrupted by the pandemic. Uncertainty about day to day activities can lead to stress or anxiety for a child, but creating routines can lead to relief and security for children. Whether it is daily meal times together, a weekend hike, or a movie night, simple activities offer a peaceful space to rest. Clear boundaries are also important for children, such as screen time limits and regular bed times.

3. Positive feedback: It is important to let children and teens know that they are loved and supported. They need to know when they make a mistake, they are still loved and accepted. Everyone thrives on praise and encouragement, kids and adults alike. Knowing specifically what they did well will empower

4. Listen: It is important for children to know that they can talk with you about any issue. Create a "no judgement zone" to increase the likely hood they will come to you when they have a problem. Share your honest feelings with them and be open to talk about stress, anxiety, and plans on how they can cope with mental health.

5. Seek professional help if needed There may be times when it is frustrating or overwhelming to handle your child's behaviors and you may not know what to do. Don't be afraid to admit that you need help. Professional counseling can be a benefit to the entire family, helping you implement the changes needed for everyone to be happy and healthy.

As we begin 2022, I would like to end with a quote from Hillary DePiano, Playwright and Author, "You can get excited about the future. The past won't mind. Here is to a better 2022!!!!

Garrett Trout
Chief Executive Officer
TrueNorth Wellness Services

Partner Events

*The Lehman Center Auxiliary
Presents*

31st Annual Auction
Benefiting
Children's Aid Society
The Lehman Center

Tuesday, April 26th 2022

Auction Preview & Food
12:00 p.m.

Live Auction
5:00 p.m.

Silent Auction including
Art Collectibles
Theme Baskets
Gift Certificates

Live Auction Featuring
Art Collectibles
Sports Items
New Merchandise

Location
New Fairview Church of the Brethren
1873 New Fairview Church Rd, York, PA 17403

Kitchen Will Be Open & Serving:
Homemade Soup
Bar-B-Que
Homemade Pies

For More Information
Call 717-845-5771
www.cassd.org


A United Way Member Agency



