

Monthly Newsletter

2024-2025 YOUTH
ADVISORY COUNCIL

September 2024



Here's what has happened in the last month and what's to come!

Welcome back to our 2024-2025 Youth Advisory Council (YAC) newsletter! We are thrilled to share with you what happened at our last meeting and what's to come in future meetings.

Thank you to those who attended the September 19th meeting. To those who were unable to attend you were missed! We had a wonderful time brainstorming the Youth Enrichment Activity scheduled for November. YAC staff members will begin planning the event and will share the finalized details as soon as we have them.

Felix Zowonoo presented on substance use in adolescents and highlighted its varied individual and community effects.

After a short break, we jumped into the service-learning component. Members were then given the opportunity to share what is going on in their other clubs/organizations. They were also given the chance to provide feedback and suggestions for upcoming meetings. You can find more information below.

Enjoy this month's newsletter!

YAC Team

In this newsletter you can expect:

Recap of the
September
meeting

Next Meeting

Birthday
Shoutouts

Reminders

SEPTEMBER RECAP

MONTHLY TOPIC: SUBSTANCE USE

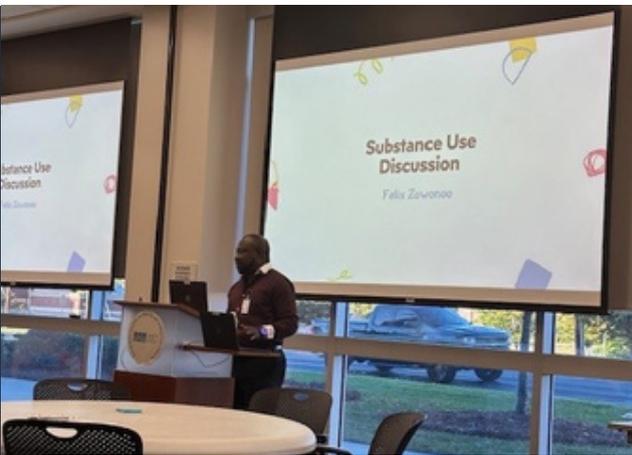
Felix Zowonoo, the Adolescent Health Team's Public Health Associate, presented on Substance Use in adolescents. His presentation included the most common substance adolescents may engage in and statistics on substance use in teens in North Carolina, South Carolina, Georgia, and Virginia. Members also got to hear about real world effects of substance use.



Service-learning

Members were separated into small groups and reviewed what was brainstormed during orientation. Some new projects were added to the list and potential needed materials and recipients/partnering organizations were discussed.

Afterward, the members started selecting their preferred projects and made a case for their favorites. Members will vote at the October meeting and then begin working on the implementation plan.



Icebreaker

YAC Members brainstormed what they would like to do for their enrichment activity in November. The top three choices were Laser Tag, Top Golf, and an Escape Room.

Top Golf was the winner!

FAVORITE SERVICE-LEARNING PROJECTS

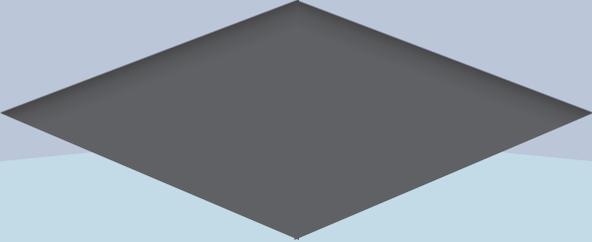
Advocacy - rallies at high schools to speak about the effects of comparison from social media on suicide/mental health

Direct - homeless care packages

Direct - throwing paper in a circle to "let something go"

Indirect - one big drive (supplies for domestic violence shelters, supplies for teachers, hygiene items)

Research - effectiveness of suicide hotlines



During our next meeting we will be discussing

ADOLESCENT MENTAL HEALTH

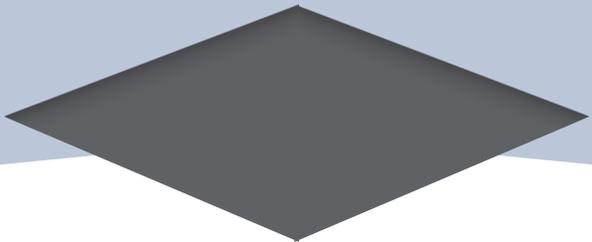
October 24, 2024
6:00 pm - 8:00 pm

300 Mooresville Rd
Kannapolis, NC 28081

This topic may be sensitive to some. We encourage you all to practice self-care before, during, and after the meeting. If at any time during the meeting you need to step away, please do so. Members will be receiving an email in the coming weeks asking for input for the presentation.

We hope you can make it. If you have any questions, please don't hesitate to reach out.

YouthAdvisoryCouncil@CabarrusHealth.org



Highlights



Birthday Shoutouts

Happy birthday to our members with September Birthdays!

Ananya Ponugoti
Grayson Wortman



Reminders

- If you are unable to attend the next meeting, please notify us at least 48 hours in advance
- If you think you might be late, please let us know so we can let you in. The doors will be locked due to safety reasons at 6:15 pm.
- Please remember to arrive on time and have punctual pick-up for each meeting.
- If you are feeling under the weather, please let a staff member know and stay home. This will not effect your attendance.

YOUTH ADVISORY COUNCIL MEETINGS 2024-2025

FIND BELOW ALL EVENTS FOR THE 2024-2025 YOUTH ADVISORY COUNCIL

Contact: Email: YouthAdvisoryCouncil@CabarrusHealth.org

TOPIC	DATE
YAC ORIENTATION	Aug. 29, 2024
SUBSTANCE USE	Sept. 19, 2024
ADOLESCENT MENTAL HEALTH	Oct. 24, 2024
YOUTH ENRICHMENT	Nov. 14, 2024
NUTRITION + HEALTHY LIVING	Jan. 23, 2025

TOPIC	DATE
HEALTHY RELATIONSHIPS	Feb. 20, 2025
FUTURE ORIENTATION	March 20, 2025
SERVICE-LEARNING PROJECT	April 24, 2025
END OF YEAR CELEBRATION	TBD

AUGUST 2024	SEPTEMBER 2024	OCTOBER 2024	NOVEMBER 2024	DECEMBER 2024	JANUARY 2025
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FEBRUARY 2025	MARCH 2025	APRIL 2025	MAY 2025	JUNE 2025	JULY 2025
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