

Monthly Newsletter

2024-2025 YOUTH
ADVISORY COUNCIL

October 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 October 24th meeting. To those who were unable to attend you were missed! We had a wonderful time brainstorming different aspects of academic health as our icebreaker. During the icebreaker we discussed the opportunity of 3-4 members coming to speak to our Learning Collaborative in January. We will hold a planning meeting in the coming weeks to discuss with those who said they would like to participate.

Michelle Wilson and Virginia Fagg presented on adolescent mental health and highlighted the importance of self-care and how to navigate stress.

After a short break, we jumped into the service-learning component. Members voted for their preferred project topic of the year and began working on an implementation plan. Before we closed for the evening, we discussed our next meeting and went over reminders. You can find more information below.

Enjoy this month's newsletter!

YAC Team

In this newsletter you can expect:

Recap of the
October
meeting

Next Meeting

Birthday
Shoutouts

Throughout the
meeting

Reminders

OCTOBER RECAP

MONTHLY TOPIC: ADOLESCENT MENTAL HEALTH

Michelle Wilson and Virginia Fagg presented on Adolescent Mental Health. Their presentation included discussions about regulating emotions, stress management, and self-care. Members made rice socks to use for self-care and took an assessment to determine their apology language.



Service-learning

Members voted on which project they would do for the year. The winner was one large drive for materials for domestic violence shelters, those affected by homelessness, and supplies for teachers.

Afterward, the members began working on an implementation plan. They brainstormed marketing strategies, potential partnering organizations, and tasks for the coming months. The plan will be confirmed in November.



Icebreaker

YAC Members brainstormed and discussed academic health. Afterward, an opportunity to present this topic to professionals was posed.

A meeting invitation will be sent out in the coming weeks to those who said they were interested to begin planning. Please be sure to check your email!



Our next meeting will be at



TOP GOLF



November 14, 2024
6:00 pm - 8:00 pm

9110 Drivers Way
Charlotte, NC 28262

Please go straight to Top Golf. We are asking that you arrive no later than 6:15 pm. Come prepared to fellowship with your members and discuss your tasks for the service-learning project!

Remember to wear your YAC T-shirt or Pull over. We hope to see you all there! If you have any questions, please don't hesitate to reach out.

YouthAdvisoryCouncil@CabarrusHealth.org

Highlights



Birthday Shoutouts

Happy birthday to our members with October Birthdays!

McKenzie Stutler
Sarah Isabel



Throughout the meeting...

Members had the opportunity to work on inspirational and motivational cards to send to the people that were affected by Hurricane Helene. We will send these on behalf of the YAC in the coming weeks.



Reminders

- Please meet us at Top Golf! You are responsible for your own transportation there and back
- Don't forget to wear your YAC shirt or pullover
- If you are feeling under the weather, please stay home and let a staff member know

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
S M T W R F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W R F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	S M T W R F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W R F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	S M T W R F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	S M T W R F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
FEBRUARY 2025	MARCH 2025	APRIL 2025	MAY 2025	JUNE 2025	JULY 2025
S M T W R F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	S M T W R F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W R F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	S M T W R F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W R F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	S M T W R F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31