

Monthly Newsletter

2024-2025 YOUTH
ADVISORY COUNCIL

January 2025



Happy New Year and welcome back to our 24-25 YAC Newsletter!

We hope everyone's New Year is off to a wonderful start! We are remiss that we did not get to meet in January, but we wanted to exercise caution due to the winter weather.

Our remaining monthly meetings are still scheduled to take place. We are also working on getting our January meeting rescheduled. As always, we will make sure any updates or changes are communicated.

If you have any questions, comments, or concerns, please do not hesitate to reach out.

We do have a few reminders and some news to share, so please keep reading to stay up to date!

Enjoy this month's newsletter and we will talk with you soon!

YAC team

In this newsletter you can expect:

Happy New Year!

Next Month's Meeting

Reminders

Member Spotlights

Contact

WHAT TO EXPECT NEXT MONTH

During our February meeting we will be discussing Healthy Relationships. The organization LoveSpeaksOut will be facilitating. Attached to the email is the one pager detailing what to expect during our discussion. We recognize that this may be a sensitive topic for some, as such, we are encouraging everyone to practice self-care and step away if things get too overwhelming.



Birthday Shoutouts

Happy Birthday to our members with January Birthdays!

**Alicia Lopez
Maycee Taylor
Molly Morton**

Here is an updated calendar for reference. If there are any others deviations we will be sure to notify you!

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
CANCELLED FOR WEATHER	Jan. 23, 2025

TOPIC	DATE
HEALTHY RELATIONSHIPS	Feb. 20, 2025
NUTRITION + HEALTHY LIVING	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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Member Spotlights

Five members participated in a panel discussion with our Learning Collaborative (LC) on January 15th. The LC is a collective of youth-serving professionals in and around Cabarrus and Rowan counties representing a variety of sectors.

YAC members covered peer pressure, mental health, social media, lack of sleep, and overall well-being of adolescents. They also provided insights on speaking with trusted adults and how academic settings can get their adolescents engaged in important conversations surrounding their health.



Sarah Isabel and Minah Koo also participated in Cabarrus County's Town Hall meeting held on January 28th organized by The Substance Use Education and Prevention team. Parents, teens, and community members heard from Laura Stack, the founder and CEO of Johnny's Ambassadors, Youth Marijuana Prevention.

Sarah and Minah followed with a panel discussion and shared ways adolescents can start these difficult conversations with a trusted adult, how to connect peers to resources, and what the community can do to help.



From left to right: Janiya Pendergast, Grayson Wortman, Minah Koo, Ananya Ponugoti, and Sarah Isabel

Thank you all again for your time and expertise!



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