



July Youth Wellness and Prevention Collaborative

Meeting Notes

High Fives

1. MST received the first Bring Back the Trades Tool Grant, which includes an Electrical Tool Kit valued at \$1,500 to MST's vocational program.
2. New bus route – center city residents can go to Livingston Park and Northside Plaza now!
3. New outdoor classroom at McLaughlin, thanks to their Family and Consumer Sciences teacher. More than 400 hours of work was put in from students and staff over the last 2 years.
4. The Over the Edge fundraiser (where participants rappel over the Brady Sullivan building) raised over \$19,000 for area nonprofits that support housing, food, and other life-changing services.
5. All middle school students at Parkside learned CPR in June with the Manchester Fire Department, AMR, and Boston MedFlight.

Member Spotlight

- Camp Mariposa
 - 6 weekends a year for youth & teens
 - For youth who have family with SUD
 - Traditional camp activities alongside life skill-building
 - Co-run by Revive Recovery, new this year
 - Want more information? Reach out to Michael Curtis: mariposa@reviverecovery.org

Updates

- Save the Date: MIH is hosting *Under the Radar* on October 7th at SNHU (55 S Commercial St, Manchester)

Action Plan

- The coaster project is in full swing! Groups are working to finalize ideas and artwork, that is due the first week of August.
- **Resource Gathering:**

- QR code to link to resources on MIH Resource Hub on back of coaster, with YW&PC logo
- “Let us know where you’re at” with tag for YW&PC on social media
- Resources & signage at the restaurant with coasters: possibly poster board at the entrance explaining the campaign, or sandwich board. Important to have rack card or one-pager for servers to be able to answer FAQs from customers
- **Professional Development:**
 - Free coasters/marketing for the restaurant
 - Healthy choices, instead of anti-alcohol stance
 - Doing a hashtag (l.e., #YWPCCoasterCampaign)
 - Include a youth’s drawing with name and age for coasters
- **Networking:**
 - Using Chamber of Commerce, Greater NH Restaurants, Common Man, Fisher Cats, etc. - large organizations in the area
 - Creating an official name for project
 - Having the Mayor highlight the positive messaging by kids, for kids
 - Promoting the restaurants by highlighting they are supporting youth wellness
 - Designating a restaurant as “kid-friendly” that participate, or another tagline
- **Community Awareness:**
 - Elementary, middle, and high school prompts for drawings:
 - How do you imagine yourself as a superhero/what’s your superpower? (Elementary)
 - What activities bring you peace? When and where do you feel most at peace? (Middle)
 - Draw something that inspires you. (High)
 - Orgs to reach out to with youth who can participate:
 - Boys & Girls Club
 - Camp Mariposa
 - Friends of Aine
 - YMCA
 - Webster House
 - Roca Kidz Club
- Planning to distribute in September – having a draft of poster and coasters to pitch to businesses & organizations
- Steps to have the design ready by August 5:

- 1. Choose “what brings you peace/joy?” as a prompt, open to all ages for drawings (Community Awareness group to reach out to youth-serving organizations).
- 2. Make print template for youth drawings
- 3. Make waiver that youth drawings are used for coasters (similar to Friends of Aine’s artwork project)
- Deadline for youth to design coaster: August 1
- Deadline for YW&PC members to vote on final coaster design: August 3

Coming up

- August meeting will be the same time slot, and the coaster project will be finalized at this meeting.
- If you haven’t yet been added to the Prevention Portal, email Emily at eet@mih4u.org to get set up.