

Tri-Valley Community & Youth Co Op Agenda

December 20th 2023 @ 6:00pm

40 Superior St, Cambridge, ID 83610

Next Month's Meeting January 17th 2024 6pm

Priority Chosen:

Development and Implementation of the Tri-Valley Community & Youth Co Op

Our Mission:

Improve the overall health and wellness of our community by providing access to health-related information and resources.

OLD BUSINESS:

NEW BUSINESS:

Introduce new Guests:

IS OUR COMMUNITY READY FOR THIS AND WANT TO ACCEPT THE RESOURCES & RESILIENCE TRAINING?

If you can not come to the events please help share all the resources and events by emailing, sharing on social media and talking with your neighbor about it.

- 1. 2024 Plan of action and goals for the Group. CO OP Event and Action Plan Development Community Needs and Programing offered in 2024**
Bingo for 2024? People are loving it and it is growing
Family Art Night? Going to Cancel if there isn't an interest.
What do we want to focus on?
What are the kids interested in another survey
Who can help or is passionate about our community resilience and youth that can help with programming?
- 2. EVENT HELP:** Who is willing to step in and help with Events in the case Deidre can not? Deidre needs more help at all events with CoOp and training etc.
- 3. HOPE SQUADS (Update about Schools) Hold**
- 4. QPR training:** (Who would like to help with this and take the FREE training?) QPR training Deidre is becoming a training and will start offering Monthly Training to the community with Snack or Food.
QPR is not a form of counseling or treatment.

Rather it is intended to offer hope through positive action.

By learning QPR, you will come to recognize the warning signs, clues, and suicidal communications of people in trouble, and gain skills to act vigorously to prevent a possible tragedy.

Much like CPR or the Heimlich maneuver, the fundamentals of QPR are easily learned. As with CPR and the Heimlich maneuver, the use of QPR may save a life.

- 5. Mental Health First Aid through SWDH,** in partnership with Central District Health, for free! learning important ways to support the youth in our community

(Rural Mental Health First Aid, Elder Mental Health First Aid (Who would be interested?))

6. **Ryan Hulbert Idaho Professional Psychological services** Book and (Family Strengthening workshop at the Health Center or partner and bring in somewhere)

Events we want to see in our community in the Future

- Impactful Movie Screening Night:
[The Impactful Film Trilogy – Mentally Covered Screenagers Movie | Host a Screening](https://www.idahoptv.org/shows/specials/resilience/)
<https://www.idahoptv.org/shows/specials/resilience/>
All Community Families, What: Popcorn (Deidre has large maker), Snacks, Concessions Set a Date Monthly. Where: (Set up Showing nights for Teens)
- U Of I Survival Life Skills workshop (U of I is going to be holding meeting and Stem Events in Cambridge once a Month. Waiting on Details with Tyler)
- Table Talks with Teens: Ignite Family Resource has come to the highschool twice in August. Waiting to see about more funding and dates that work best to get the most kids.
- **Free Health Clinic at the Fairgrounds**, Retired doctors and dentist referral for help further(blood pressure machines, A1C Checks), Food bank and boxes, Lions Club Eye check up and Hair Cuts, Hygiene Packages together, (Pats ideas) Major in Army IN Mountain Home (does this for a living), Ignite Family Resources Center for referral, Dori with a Mobile Bus, Boise State Students

Mental Health Training, programs and speakers (Family Mental Health Night MY ASCENSION Movie and Resources)

- **Steered Straight Assembly**(\$6500) Start Looking for Funding and Dates for out School and Community. <https://courses.steeredstraight.org/>
- **Tandem Tour Speaker Event:** Deidre Has Quotes for this (waiting on more grant funding to open)
- **Roger Sherman ACES TRAINING:** Many organizations and individuals throughout Idaho recognize the impact that Adverse Childhood Experiences (ACEs) have on the people they serve and want to do something to strengthen Idaho families. Idaho Children's Trust Fund has trainers statewide to educate people on strengthening families and communities to prevent and mitigate the impact of ACEs. We offer training and presentations specific to the needs, interests, and timeframes of most any audience.
- **Mental Health First Aid through SWDH**, in partnership with Central District Health, for free! learning important ways to support the youth in our community (Rural Mental Health First Aid, Elder Metal Health First Aid

- **University of Idaho Building Fences:** Deidre Has taken the training and will be working on putting this through
- <https://www.besureconsulting.com/>
- **CRM(Community Resilience Building training)**
- **Save My Family Event in Schools and Community.**
- <https://www.myascension.us/emma-speaks> chelsey@MyAscension.us
- **CATCH My Breath is an evidence-based vaping prevention program that uses a peer-led teaching approach to empower students with the knowledge and skills needed to make informed decisions about e-cigarettes and resist social pressures to vape (Sent to Schools and have not heard anything)**

ACTION ITEMS FOR GROUP

- **Bring and event or something they would like to see happen for the future of this Co-Op**
- **Look Over the Survey Data and bring 3 topics what we think is important in our community to focus on**

Fall and Winter and 2024 Events:

September: I love this life 19th/ BINGO/ ART/Farmers & Family QPR training online (UPDATE)

October: Harvest Fest booth with resources OCT 14th. BINGO/ ART/Farmers & Family QPR training online

November: BINGO/ ART /Farmers & Family QPR training online

December: BINGO/ ART/ Farmers & Family QPR training online

January: BINGO/ ART U Of I QPR Training for Suicide awarness in the community farmers (DINNER) FOOD get Donated. **(Ask the Washington County Cattle Association to have something like this at their Beef School or Dinner)**

Budget and Spending

What would you like to see the money spent on in the community

University of Idaho Money - Starting Balance \$3,000				Southwest District Health Money - Starting Balance \$6,000			
I Love This Life		\$400	piad	School Supplies/Backpacks	\$1,216.77	Used CC	
Loveland's - BBQ Foods		\$297.33	PAID	Art Supplies for Library	\$1,466.07	Used CC	
McKee Arena Booth		\$25	paid	Bingo Night Supplies	\$200	Used CC	
Oh Honey Bingo Food		825.74	paid	Projector & Screen (Movie Nights)	\$430	Used CC	
Bingo Prizes	Deidre Donation			Bounce House Rental & Swagg (BBQ)	\$544.16	PAID/CHECK	
CCC membership		\$65	Paid	Email/Website Building Time. Director Compensation June	\$800	PAID	
Stipend for Sticker Shock		\$200 plus					
Receipt for Tin Pan Deli Lunch Sticker Shock							
		\$1386.93		Email/Website Building Time. Director Compensation July	\$800	PAID	
				Email/Website Building Time. Director Compensation August	\$1,000	PAID	
					\$6,457.00		

