

# EARLY BIRD WEEKLY



NewbergRotaryEarlybirds.org

January 16, 2020



**Last Week** Casey Hostetler presided over the induction of four “new” members. Karan Frketch, mentored by Mary Newell; John Denese (former Early Bird) mentored by Terry Emery; Doug Cain, mentored by John Bridges, and Amy Ouellette, mentored by Elizabeth Still.

**Community Wellness Collective** was last week’s program, introduced by our own Kristen Stoller with Providence Newberg Hospital’s Alexxa Kaylor and Elise

Yarnell (bottom right).

Data collected in 2017 indicated an alarming amount of teen anxiety and attempted suicide. “I think we all thought someone would do something.”

But they weren’t, “so we did.”

We learned that Yamhill County has abundant resources but the challenge still was identifying need and directing toward the most appropriate resources.

2016 saw Newberg Education Foundation’s launch of the Focus under the collective impact model (1-common agenda, 2-shared measurement, 3-reinforcing activities, 4-continuous communication, 5-backbone support organization) to create change for Newberg’s schools.

In 2017 9th grade transitions was one of three areas of focus for NEF and an anonymous Healthy Teens survey yielding the dire results mentioned above.

Kristen met Elise in Young Professionals and the two soon became masterminds of what would become the Community Wellness Collective.

What Elise and Kristen found when they dug deeper were recurring themes. “Where do I go? Who can help me? What will people think of me and my family? General lack of support. Lack of empathy for LGBTQ community. Anxiety, depression and elevated & continued suicide attempts by our youth.”

[editor’s note] Motivation and big hearts can really get things done, but money is what gives momentum to good intentions. Not just because it keeps the lights on. Funding from a beloved, committed local source like the Austin Family Foundation adds a foundation of trust and credibility to the cause.



Other significant funding sources are CVDA’s Nutcracker, Country Financial, YCAP, and Lutheran Family Services.

Newberg High’s Wellness Center has a paid receptionist and graduate students offering no cost mental health counseling.



Alexxa tells of a student she meets with a couple hours most days. This student comes from domestic violence and constant strife.



I’m sure we will hear more from the Wellness Collective as it matures.