

ARMY NATIONAL GUARD CHILD & YOUTH SERVICES

More Than A Program...It's A Promise!

2020: OVERCOMING CHALLENGES AND FINDING SUCCESS

As we move into the final month of this year – a year that has been filled with many unique challenges – the Army National Guard (ARNG) Child and Youth Services (CYS) Program would like to thank the youth, families and volunteers who participated in ARNG CYS programs. Whether it be attending an in-person event, participating in conference calls, completing available training, or connecting to events virtually, our collective military community demonstrated what it means to be resilient and find the very best in all situations. Your engagement throughout the year allowed ARNG CYS to serve and support over 70,000 military-connected youth and conduct more than 3,200 individual events.

This is also a great time of year to recognize the many CYS staff and contractors, across the country, for their extreme determination, infinite creativity and unwavering passion throughout all of 2020. These individuals worked many additional hours transitioning events and activities into virtual programming experiences for youth. Prior to 2020, CYS had primarily operated by conducting in-person programs for youth and families; however, once the COVID-19 Pandemic struck, CYS staff and contractors quickly worked to develop monthly programming packets, conducted social media challenges and developed a [COVID-19 At-Home Resource Guide](#). Without this dynamic team of professionals in all fifty-four states, territories and the District of Columbia, CYS would not have been able to fully support our military community this year. Thank you to everyone!

While 2020 will be a year none of us will soon forget, the staff and contractors working within CYS are already busy making plans for 2021. Be sure to connect with your local ARNG CYS Team so you can receive updates and valuable CYS information! Connecting is as easy as downloading the ARNG CYS Mobile App or visiting the ARNG CYS Website (www.arngcys.com).

~ ARNG CYS wishes everyone Happy Holidays!

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NEWS LETTER

IN THIS ISSUE:

- Announcements
- Region Highlights
- Program Feedback
- Writing Challenge
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#GUARDFAMILIES

#ARNGCYS



WRITING
CHALLENGE
Look inside for details!!

WRITING CHALLENGE

ARNG CYS Youth Creative Writing Challenge

Writing provides a way for us to express and better understand our own feelings, explore the world around us, and even escape into worlds we create on our own.

In an effort to encourage youth to pursue creative writing, **Army National Guard (ARNG) Child & Youth Services (CYS)** has started the [ARNG CYS Youth Creative Writing Challenge](https://arngcys.com/youth-writing-challenge)!

Throughout the year, different writing prompts and topics will be presented in our monthly ARNG CYS Newsletter. Youth are then encouraged to submit their own unique compositions related to the topic at the time. Once submitted, all compositions will be reviewed, with the top compositions being highlighted in our monthly ARNG CYS Newsletter and on the ARNG CYS Website.



"Who is a role model in your life, and what makes that person a role model to you?"

All writing compositions for this month's topic must be completed and submitted by **Friday, December 18, 2020** for consideration and review.

For all the details and how to submit your child's creative piece go to:
<https://arngcys.com/youth-writing-challenge>

We hope youth will consider participating in our ARNG CYS Youth Creative Writing Challenge initiative!!



December's
monthly
Submissions
Due by:
DEC 18th

TRAINING OPS

MindUP Virtual Training Opportunities.

Today more than ever, children need the tools to manage stress and build resiliency. **MindUp** currently offers a series of virtual **MindUP** trainings for schools, parents and caregivers, and school districts. Much more can be located at:
<https://mindup.org/category/mindup-at-home/>

This does not indicate an endorsement of resources, programs and/or services by National Guard Bureau, DysTech, staff or contractors.

MINDUP™



Virtual pet CPR/ first aid course (California CYS)

TRENDS & DATA

ARNG CYS FY20 ANNUAL REPORT + Videos are now available at:
<https://arngcys.com/fy20-annual-report>

Locate your state's full ANNUAL REPORT click on your state's flag at:
<https://arngcys.com/my-local-cys-program>



Developing Networks of Support... Research has proven a direct link between youth resilience and the importance of building and maintaining positive connections and networks for youth, especially military youth, in their local communities (military and civilian). CYS staff regularly provide Service Members and their Families with briefings and information to highlight and connect them with relevant local and national resources and services. Further, they actively work to train community members, educators and administrators so they are better prepared to provide support to military-connected youth both in and out of the classroom. These 'networks of support' act as force multipliers, better ensuring those connected to the military feel safe and supported at all times.

TOTAL MILITARY CHILDREN & YOUTH SERVED: 71,753
ARMY NATIONAL GUARD 6 - 12 YEAR OLDS: 37,121
ARMY NATIONAL GUARD 13 - 18 YEAR OLDS: 21,846

ARNG FY20 CYS Covid-19 Best Practice Initiatives:

The ARNG CYS Program operates in all 54 states, territories & the District of Columbia. States & territories are organized into 10 regions: <https://arngcys.com/my-local-cys-program>

Region 1: (Massachusetts) "In Massachusetts, we joined a small collaborative team of Child and Youth Program Coordinators from other states that quickly adapted and began creating a new and different way to reach military youth across the country. This synergistic effort resulted in dynamic, **themed monthly activity packets** that were shared with coordinators and National Guard youth nationwide. The packets provide programming in resilience skills, fitness, social-emotional learning, connection to family and the National Guard community, healthy living, life-skills, history, and science. Hundreds of packets were sent via email, traditional mail, and shared on social media in efforts to connect with military youth, provide valuable programming, and build community."

Region 2: (Puerto Rico) "We celebrated a two-week summer camp from July 20 to the 31. In this camp, we incorporated safety guidelines following the "Field Guide for Camps on Implementation of CDC Guidance" due to COVID-19. Our main purpose of this camp was to educate and prepare participants to the new normal way of life, awareness, the use of masks, social distancing, the constantly washing of their hands and the importance of this when they go back to school. A Military & Family Life Counselor (MFLC) interacted each day for a one hour with the group. The focus and activities developed were establish to enable views through the eyes of the child or youth and their feelings and thoughts about current issues facing [them] especially during COVID-19."

Region 3: (District of Columbia) "The Youth of the District of Columbia National Guard carried out the first of many, or at least as long as the COVID-19 pandemic lingers, **Separate but Together initiative**. This initiative brought families together with social distance regulations as a key part of the programming. This Separate but Together program included a dynamic virtual speaker that encouraged the families to stay strong and know that we are still a unit that cannot be broken even in this awkward time."

Region 4: (Florida) "In lieu of in-person training events, FLNG CYP began a **Resilience Training e-mail subscription initiative**. Nearly 1,000 Guard Parents and Teens received a summary of 8 MRT skills via e-mail over the course of 8 weeks. And an additional nearly 1,000 Guard Parents and Youth ages 6-12 received a 6 week series of **Social Emotional Learning skills utilizing the Emotional ABC's Curriculum**."

Region 5: (Illinois) "Illinois Child and Youth Program developed an in-person program that combines STEAM concepts with Resiliency... We call it StReam. ILNG CYP was able to successfully conduct one in-person **StReam Camp called Little Monsters**. 12 campers participated. Campers dissected a pumpkin, made a tornado, put together a tricycle, had a scavenger word hunt and learned about Hunting The Good Stuff [#HTGS]."

Region 6: (Arkansas) "The Arkansas National Guard CYP did seven Virtual Military Youth Trainings to include Patrick "Pac-Man" Perez's Rhythm of Resilience. The **Rhythm of Resilience virtual event** was very well received and it provided a more close knit opportunity for participants to learn dance moves, ask questions, offer feedback and engage with Mr. Perez on issues they are personally dealing with in their world."

Region 7: (Kansas) "During Covid-19 we used our Facebook group to do a lot of at home activities such as, Kids in the kitchen, family game night, family movie nights, back to school week, and at home STEM activities. At the beginning of September we did a **back to school week** where each day had a theme for our families and their children to participate in. With our in person events being either cancelled or postponed, using our Facebook page has allowed us to still reach those families, just in a different way. We plan to continue to explore new ways to reach our families virtually, even once our in person events start back up."

Region 8: (North Dakota) "**Camp Homefront was a camp in a box**, designed by our Military Teen Council. It gave our youth 4 days of camp activities that we lead virtually. Those activities included a STEM activity, a craft, an outdoor activity, a fitness challenge, and at the end of the day we did our hunt the good stuff journals. We also hosted nightly virtual events including a talent show and our teen council had a camp and lead campfire songs."

Region 9: (Hawaii) "CYP Hawaii believed it was more important to focus on our children's mental health during this time [with Covid]. Refocusing our efforts to do virtual events, it was important to us to let our kids know we were thinking about them. CYP Hawaii put together 200 Wellness Kits that were sent out to children and teens that were part of the program over the past two years. These **kits focused on the mental and physical well being** during this time and included, personal protective equipment, outdoor physical activities, mental health activities like a cookbook, coloring calendars and journals. Additional information was sent to the parents about local and national resources they can use to help through this difficult time."

Region 10: (Alaska) "Covid-19 transformed our principal method to meet with our community. We usually meet in person and have activities to support the Alaska National Guard children & youth. Since March, we decided to **keep engaging with our community made social media** [and] cover topics from night paint to how to build a rocket. We continuously provide resources to help parents and children."

ANNOUNCEMENTS

Check out the latest **December Activity Packet** the L/CYPCs in CT, MA, ME, NV, NH, RI, & VT developed!

[Ask your State ARNG CYS L/CYPC for a copy.](#)



We're an Awesome TEAM!

Connect with your local CYS team to learn how you can **VOLUNTEER!**

<https://arngcys.com/my-local-cys-program>

IN THE KNOW

Follow your local CYS social media accounts to see the weekly **In the Know (ITK)** posts, OR reach out to your local CYS Program for a copy. **#ARNGCYSITK**

We'd love to hear from you!

Would you like to share how the CYS program has made an impact on you and your family? Follow this link to let us know your response to:

www.surveymonkey.com/r/ShareYourCYSstory

What positive impact has ARNG CYS had on you and your life?

December 2020

THANK YOU



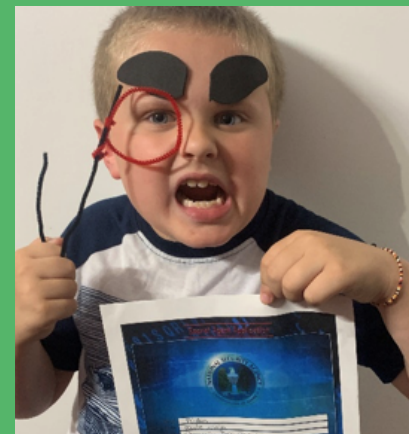
DID YOU KNOW?



Chalk Contest
(Oklahoma CYS)



State Youth Symposium
(Kentucky CYS)



Camp Quarantine
Spy Adventures
(Mississippi CYS)

PROGRAM FEEDBACK

Families - We need your feedback on the child and youth services you have participated in throughout the last year.

Please let us know how we are doing!

SOLDIER - PARENT SATISFACTION SURVEY

Scan me!

