

ARMY NATIONAL GUARD CHILD & YOUTH SERVICES

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



NEWS LETTER

MENTAL HEALTH MATTERS

Conversations surrounding mental health have become more prominent within the last few years – largely due in part to the COVID-19 Pandemic and its effects on various populations around the world. According to recent studies, one of the populations experiencing the greatest impact on mental health is teens between the ages of thirteen to eighteen. In her report, **“Teens in America: How the COVID-19 Pandemic is**



Shaping the Next Generation,” Maria Abenes points out that since March 2020, the proportion of emergency department visits among teens for psychosocial issues increased by sixty-nine percent. The Child Mind Institute reported that within the last two years, 30-40% of young people have reported feeling anxious, depressed, and alone. At a point of adolescent development, when social interactions are most critical, many teens have found themselves feeling isolated and without meaningful peer connections.

So, what can be done to support teens struggling with their mental health? The Centers for Disease Control and Prevention (CDC) says that one of the keys to supporting teen mental health is for families to maintain open and honest communication at home and with teachers. Other strategies include discovering or experiencing shared interests or hobbies, encouraging teens to share their feelings in safe environments, modeling personal self-care, and openly discussing personal struggles with mental health, as a means of breaking down the stigma surrounding mental health issues. Another important strategy for supporting teen mental health is to remain aware of possible symptoms resulting from increased stress and anxiety, as well as resources and services available – online and in-person.

May is National Mental Health Awareness Month. Working together, we can all help better ensure teens have the tools needed to remain connected, informed, and resilient. Learn more about National Mental Health Month and available resources by visiting these websites...

- **Greater Good Magazine:** https://greatergood.berkeley.edu/article/item/how_to_support_teens_mental_health_during_covid_and_beyond
- **MentalHealth.Gov:** <https://www.mentalhealth.gov/basics/what-is-mental-health>
- **Positive Psychology Gratitude Journal:** <https://positivepsychology.com/gratitude-journal-pdf/>

Disclaimer: Sharing of this resource does not indicate an endorsement of/for this publication, its creator(s) or originating entity by the Government, the ARNG CYS Program and its staff, contract vendor or Program Management Team.

IN THIS ISSUE:

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Brian Stoudenour, VT L/CYPC
It's Purple Up Day!!
Show those Military Kids of VT, and beyond your support.
#ngmomc22 #MKVT
#VTMilKidsRock #ngcys22

#GUARDFAMILIES

#ARNGCYS

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HAPPENINGS



IL National Guard Child & Youth Services Celebrating MOMC Spirit Week: "SILLY SOCK DAY!"



NC National Guard Child & Youth Services - Happy Purple UP Day

AL National Guard Child & Youth Services Celebrating MOMC 2022



Michelle McCarty, CT L/CYPC Happy purple up from CT!



Holland Tulip, RI L/CYPC, is showing some love for our military kids!



PURPLE-UP!
for military kids
2022



Since I PCS'd to Fort Sam Houston, we are thankful for the support to our family; especially our children! Thank you for your continuous support **Texas National Guard Child and Youth Program** - Pic Provided by: Rose P Martínez



MT National Guard Child & Youth Services Celebrating MOMC 2022

REGION 3 UPDATES

Virginia's MOMC event went virtual:
Cooking with the Coordinators.

VA

Participants baked along with their coordinators,

Cierra Hall & Jeremiah Smith!

"We made purple sugar cookies and homemade purple icing. We discussed what it means to **PurpleUP!** for the Month of the Military Child".



Audrey D.



Cierra Hall
VA (L/CYPC)
&
Jeremiah
Smith
VA (CYPC)

TOP 3 FOR REGION 3

Delaware

3 Past events: Wreaths across America, Financial Workshop, Primitive Camping Trip
Future: Summer Camp

District of Columbia

3 Past events: Spring Break Camp, Cooking Classes, Teen Council Events
Future top 3: Youth Symposium/ Summer Camp, MRT Training, Fall Retreat

Maryland

3 Past events: STEM Day, Teen Council Events, MOMC Bloc Party!
Future top 3: Camp Puh'tok/Service Project, Summer Camp, Back to School Event

Pennsylvania

3 Past events: Project Beacon Camp, Carnegie Science Ctr., Taskforce Cottontail
Future top 3: (4) Summer Camps, Zoo Trips, Labor Day Event

Virginia

3 Past events: Cooking with the Coordinators, Teen Panel Events, Teen Symposium
Future top 3: Camp (Back) on the Move, Annual Youth Camp, Yellow Ribbon Events

West Virginia

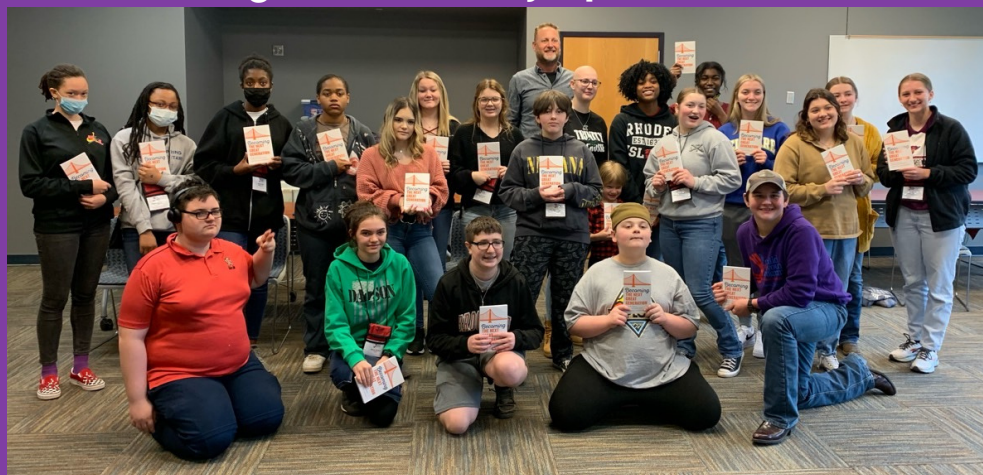
3 Past events: Trunk or Treat, State Team Panel Retreat, Region 3 Youth Symposium
Future top 3: Kids Kamp, Teen Outdoor Retreat, Tye Dye Day Camp

Teams that work together thrive together

REGION 3 ROCKS



Region 3 Youth Symposium



RED
(Remember
Everyone
Deployed)
Day



#WVNGCYP #MonthOfTheMilitaryChild
#NGCYS22 #CommonGroundWV
Pic submitted by: Shanda & Mark Easter



Youth Engaged 4 Change has assembled "Mental Health and Wellbeing" (articles, blog posts, videos, podcasts, materials + more) resources to help you/youth learn about topics related to mental health, find places where you can get help if you need it, hear from other youth about their struggles with mental health challenges, and help others get through tough times.

<https://engage.youth.gov/topics/mental-health-and-wellbeing>

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

ANNOUNCEMENTS

Check out May's

"Staying Connected Activity Packet for Pre-Mobilization"

the L/CYPCs in CT, MA, ME, NH, PA, RI, & VT developed!

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



BLUE STAR MUSEUMS

Every year, from Armed Forces Day to Labor Day, the **Blue Star Museums** program offers **free admission** to active-duty military personnel, including the National Guard and Reserves, and their families. On average, more than **2,000 museums participate**, including nature centers, zoos, and children's museums.

For more information on this program, visit the [National Endowment for the Arts FAQ page](#). Participating Blue Star Museums look forward to welcoming you in 2022!

<https://www.arts.gov/initiatives/blue-star-museums/frequently-asked-questions>



MAY 2022

HOW TO START A GRATITUDE JOURNAL

Positive Psychology Gratitude Journal:

<https://positivepsychology.com/gratitude-journal-pdf/>

Your 1st step toward starting a gratitude journal is to grab any notebook, or note-taking app, that suits you. The point is to have a space dedicated to journaling.

On the first page, write out these instructions for journaling, which have been adapted from instructions given to the gratitude-journaling group in Emmons and McCullough (2003):



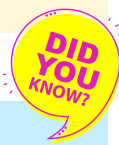
"There are many things that we can be grateful for. Some of these things can be big, but some can also be very small. These things also differ from one person to the next. Think about the past week, and list 5 things in your life that you are grateful for".

Remember that the items you are grateful for do not have to be limited to only people in your life, and what you might be thankful for is unique to you. Perhaps you're grateful for reading a specific book, listening to a song or your favorite band, or even something abstract like learning to practice patience.

Check out the following prompts for inspiration.

In the last week...

1. What did you do that you are grateful for?
2. What did someone else do that you are grateful for?
3. What did you learn you are grateful for?
4. What did you feel that you are grateful for?
5. What did someone else say to you that you are grateful for?
6. Is there a feeling that you felt that you are grateful for?
7. Is there something (that you saw/heard/smelled/tasted/felt) that you are grateful for?



IN THE KNOW

Follow your CYS social media accounts to see the weekly **In the Know (ITK)** posts, OR **reach out** to your local CYS for a copy.
<https://arngcys.com/my-local-cys-program>