

ARMY NATIONAL GUARD CHILD & YOUTH SERVICES

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

NEWS LETTER

NATIONAL MENTAL HEALTH AWARENESS MONTH

May is National Mental Health Awareness Month, which aims to raise awareness about the importance of mental health and well-being. Mental health is just as important as physical health, and it's essential to take care of both. According to the National Alliance on Mental Illness, approximately 1 in 5 youth aged 13-18 experience a mental health condition. That's why it's important to prioritize our mental health and seek help if we need it.

There are many things we can do to support our mental health. Practicing mindfulness and relaxation techniques as a family can be a great way to reduce stress and improve well-being. Here are some activities that families can do together:

1. **YOGA:** Practicing yoga together can be a fun and calming activity. Many yoga studios offer family yoga classes, or you can find online classes to follow at home.
2. **GUIDED MEDITATION:** Listening to a guided meditation can help you and your family relax and be more present in the moment. There are many free meditation apps that offer guided meditations for kids and adults of all ages.
3. **NATURE WALKS:** Going for a walk. Encourage your family to observe their surroundings, listen to the sounds of nature, and take deep breaths.
4. **COLORING:** Coloring can be a relaxing activity that can help you and your family focus on the present moment. Find coloring books that are designed for both adults and children, and spend some time coloring together.
5. **MINDFUL EATING:** Practicing mindful eating can help you and your family appreciate food more and be more aware of their hunger and fullness cues. Encourage your family to eat meals together without distractions, and to take time to savor and appreciate each bite.

It's also essential to know that it's okay to ask for help when we're struggling with our mental health. Seeking support from friends, family, or a mental health professional can make a significant difference in our well-being.

For further information about **National Mental Health Month** and the resources that are accessible, please refer to these websites...

- <https://www.healthychildren.org/English/ages-stages/teen/Pages/Mental-Health-and-Teens-Watch-for-Danger-Signs.aspx>
- <https://www.hhs.gov/surgeongeneral/priorities/youth-mental-health/index.html>
- <https://www.adolescenthealth.org/Resources/Clinical-Care-Resources/Mental-Health/Mental-Health-Resources-For-Adolesc.aspx>

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

IN THIS ISSUE:

- Training Ops
- Happenings
- Region 5 Updates

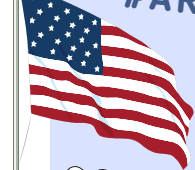
Do you want to stay up-to-date with the latest info and not miss out on the virtual packets?

Subscribe on our website!



AK - CYS

#GuardFamilies
#ARNGCYS



Mon, May 29, 2023



WWW.ARNGCYS.COM

TRAINING OPS

**PARENTING WEBINARS [Free option]
from licensed therapist Roya Dedeaux**

Fri, May 26, 2023 7:00 PM EDT

Feeling Feelings - Helping TEENS with their big feelings:

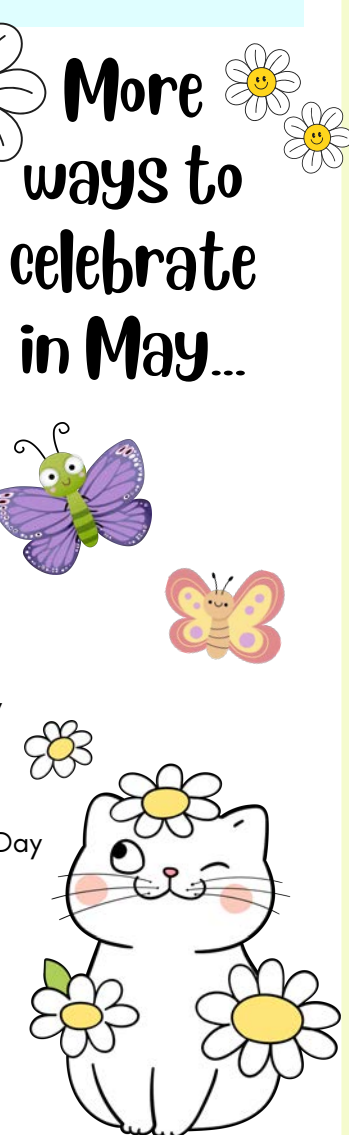
This is a 30-minute parenting workshop designed to help you help your kids when they are struggling with their BIG FEELINGS. If you have ever...

- Felt helpless when your kid was feeling ALL the feels
- Been unsure about whether to just listen or to find a fix
- Realized their feelings were triggering your feelings

<https://www.eventbrite.com/cc/parenting-webinars-by-licensed-therapist-roya-dede-2107239>

HAPPENINGS

1st - May Day
2nd - Brothers and Sisters Day
3rd - Public Radio Day
4th - Bird Day
5th - National Hoagie Day
6th - World Laughter Day
7th - National Tourism Day
8th - No Socks Day
9th - National School Nurse Day
10th - Clean Up Your Room Day
11th - Child Care Provider Day
12th - Hug Your Cat Day
13th - Frog Jumping Day
14th - Dance Like a Chicken Day
15th - National Chocolate Chip Day
16th - National "Sea Monkey" Day
17th - World Telecommunications Day
18th - International Museum Day
19th - Circus Day
20th - Armed Forces Day
21st - National Endangered Species Day
22nd - National Maritime Day
23rd - World Turtle Day
24th - Morse Code Day
25th - Cookie Monster's Birthday
26th - National Paper Airplane Day
27th - Sun Screen Day
28th - National Hamburger Day
29th - Memorial Day
30th - Water a Flower Day
31st - "What You Think Upon" Grows Day --- Ask kids what they think this means! Talk about it. It means...what you think creates your reality. So, spend the day thinking positively and you can hunt the good stuff too **#HTGS!**



**More
ways to
celebrate
in May...**



Which actor is the only one who's appeared in every single **Star Wars** movie to date?

[See the answer below]

National Photography Month #NationalPhotographyMonth

When handled with care, photographs have the ability to transport us back in time. They capture moments from our past, including our family history and legacy. Photographs freeze a moment in time and provide us with a glimpse into the lives of those who came before us.



Old photographs offer a unique perspective of our ancestors, showcasing both well-known figures and ordinary people in candid or staged poses. They enable us to see our predecessors in a different light, giving us an insight into their lives and experiences.

Since 1987, we've celebrated **National Photography Month**. It's when photographers, (professional photographers, amateur shutterbugs, and selfie extraordinaire), can focus on sharpening their skills.

Celebrate National Photography Month Ideas:

- Visit a museum or gallery
- Take a class
- Organize your photos
- Get analog with your favorite digital images by creating a photo book or printing out your top photos to share via a gallery wall, framed prints for your desk, or as holiday cards.
- Check out funny pet photos and enter their contest 2023 at www.comedypetphoto.com/
- Colorize your old family photos www.myheritage.com/incolor
- Marvel at the NASA Mars Rover's record-breaking cameras at: <https://www.techradar.com/news/nasa-mars-rover-launches-a-closer-look-at-its-record-breaking-cameras>
- Set up a photo booth with wacky props.
- Learn about cameras, composition, and lighting.
- Research + read about your favorite photographers.

Answer: Anthony Daniels (C-3PO)

Region V Highlight

YAC 2: WINTER RESILIENCY WORKSHOP AND YOUTH INFORMATION EXCHANGE



Youth Advisory Council members and Teen Panel members from Illinois and Wisconsin came together to conduct the 1st ever Youth Information Exchange for the region. This event was held at Chestnut Mountain, March 3-5, 2023 in Galena, IL. We hope that next year everyone will be able to attend!

Teens at this event completed the Teen Resiliency Training over the weekend, conducted resiliency teach backs, presented on individual states best practices and goals for the upcoming year and started planning next years Youth Information Exchange. They even got in a little skiing/snowboarding and really learned the true definition of resiliency by literally learning "get back up again" and "bouncing back from challenges".

Illinois: Operation KUDOS

Illinois kicked off this years Month of the Military Child with a color explosion at the 5th annual Operation KUDOS & Almost 5K Color Run (Kids Understanding Deployment Operations. Thanks to MG Rodney Boyd, Assistant Adjutant General to the Illinois Army National Guard who came to speak to the kiddos and give them their marching orders. Along with our special guest speaker we had VFW Post 32, Kare-9 comfort dogs, Lincolns Challenge Academy and Mission BBQ out to help support this event! Kids went through "bootcamp" and did some PT, drills and ceremonies, learned to march and sing a cadence. They also learned about camoflauge and sampled MRE's.



Indiana: MOMC Activities



- **Indiana Military Youth Spotlight:** 32 military children were nominated by people to recognize their efforts and resilience in support of a service member.
- **Game Show Battle Rooms Teen Event + Council Meeting:** 12 Indiana National Guard Teens competed in 3 Game Show-style competitions, solving puzzles, answering questions, and more.
- **MOMC Youth Military Ball:** 20 Indiana National Guard Families (36 kids) gathered at Umbarger Conference Center on Camp Atterbury to celebrate MOMC. TAG and SCSM were in attendance to support the event as well.
- **SAAPM Color Run/Walk 5k:** IN CYS supported an event for Sexual Assault Awareness & Prevention. Many military kids ran and/or walked in support of this event as well. The participant who finished 3rd was a kid as well! The kids at this event definitely rose to the challenge!

Michigan: March is Reading Month



Michigan National Guard Child and Youth Programs put on their very first March is Reading Month virtual event! We partnered with United Through Reading to recruit numerous guardsmen and women to record chapters of Harry Potter and the Sorcerer's Stone. Each completed chapter was posted along with a variety of activities for the kids to participate in. USO provided a virtual beanboozled party where participants got to try weird flavored jelly beans like the one in the story! This event encouraged reading and allowed for children that are geographically dispersed to connect with each other!



Minnesota: Teen Leadership Forum 2023



WHAT IS YOUR SUPERPOWER?

This event was provided for military connected teens to engage in building life-skills, leadership skills, fostering resilience and networking with other geographically dispersed teens. Military youth participated in workshops to increase knowledge in teambuilding, resiliency and Character Strengths (MRT). Speakers included: CH Keith Beckwith, Stephanie Linehan, Tara Hawks, America Ferrara (TED Talk) and Teen Panel members. Teen Panel members led activities and did a MN Military Teen Panel presentation and provided information on how to join the MN Military Teen Panel, upcoming Teen Summit in June.



Ohio: Family Day at Toledo Zoo



The Ohio National Guard Youth Program kicked off their 2023 event season with a Family Overnight at the Toledo Zoo. Participants received behind the scenes tours, created animal enrichment items, engaged in live animal demonstrations, enjoyed a night hike through the zoo, snoozed inside one of the exhibits, and received free family admission to the zoo the following day. A great time was had by all and people are already requesting that more zoo snoozes are held in the future!

Wisconsin: Purple Up Day at Capital

On Purple up Day Apr 15 WI State Teen Panel (STP) took a tour of WI Capital, met with Senator Hesselbein and LT Gov. Rodriguez where they spoke about issues military families face, youth mental health and about how to get more involved. STP visited the Veteran Museum to hear the stories of veterans. Lastly, they did a service project making tie blankets for homeless families in Dane County.

