



Maine Army National Guard Child & Youth Program



*Connor F.,
Dependent of
MEARNG 133rd
Soldier.*

Annual Report FY21

Mission



Anna E. Kayaks with Program Volunteer and graduated Teen Council Member Brooke B. down the Upper Androscoggin River at our Annual Youth Camp. Dependents of JFHQ Soldiers.

To promote and sustain the quality of life and resiliency of NG children and youth by providing secure, timely, flexible, high-quality support services and enrichment programs. The ARNG CYS program is available for school-aged, eligible dependents of Army National Guard Members who are ages six (6) to eighteen (18) years of age, and offers a range of positive activities designed to promote resiliency, healthy development and to ease transition to adulthood. The program also supports school transitions and provides support services.

Program Goals

EDUCATION

To help provide life-skill education to the child and youth of the NG, their caregivers and community supporters.

OUTREACH

To build and sustain contact with parents/guardians and children of the NG in order to create awareness of available support services and programs, while being mindful of age, location, military and civilian mindsets.

OPPORTUNITY

To create opportunities for participation in programs, events and activities available across the spectrum of government, community and the private sector, geared towards the behavioral health, physical health, and welfare of children and youth.

RESILIENCE

To infuse resilience standards into all NG children and youth programs.



Alpha Company learns flag etiquette from SFC Voter at Bog Brook Youth Camp. Brittney W. is shown helping fold the flag. MENG Dependent

COMMUNICATION

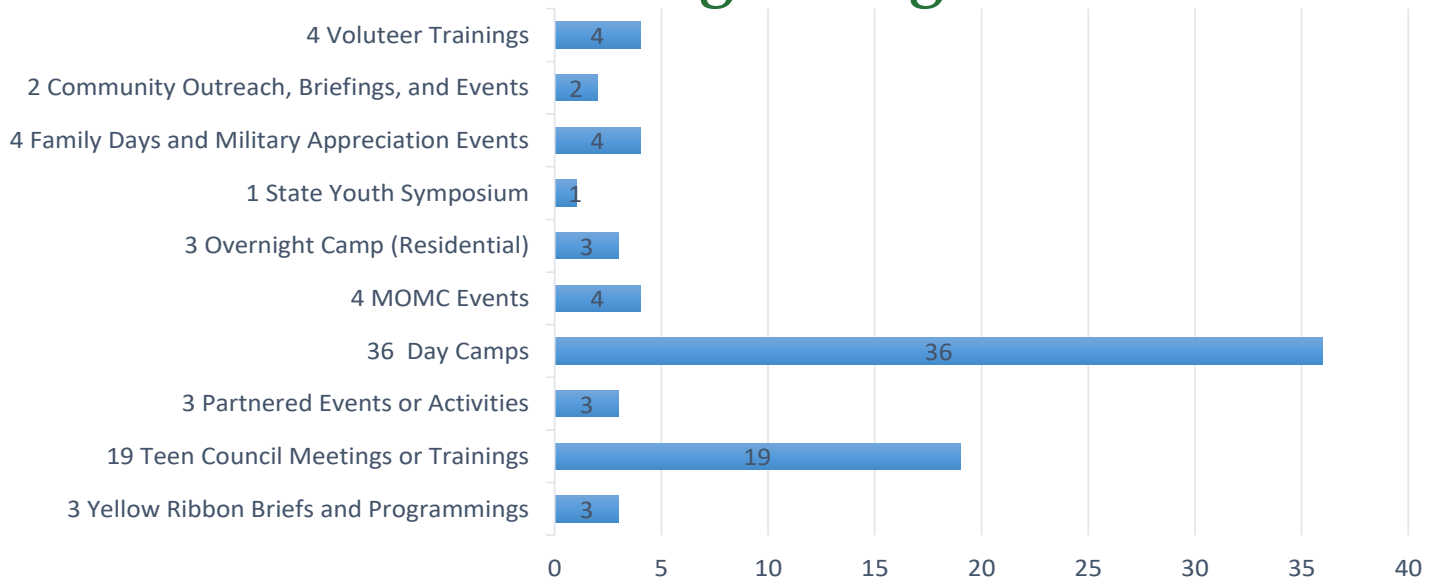
To build a sense of belonging to the NG community by creating secure opportunities to network with other youth, parents/guardians, and youth program facilitators in one's community, state, and across the nation.

ACCESS

To help provide equal access to Federal and State benefits that support children and families, counseling, education, child care and other resources needed to foster a healthy, stable, and secure environment.

Event Summary

384.5 Total Programing Hours



9,506 Total Armed Forces Youth and Families Served

Army National Guard



4,212 Age 6-12
1,731 Age 13-18
768 Adults
6,711 Total

Army Reserve



196 Age 6-12
63 Age 13-18
4 Adults
263 Total

Active Army



152 Age 6-12
1 Age 13-18
5 Adults
158 Total

5,845 Total Army Youth and Families Served

Air National Guard



220 Age 6-12
194 Age 13-18
24 Adults
438 Total

Active Air Force



0 Age 6-12
0 Age 13-18
1 Adults
1 Total

Other



16 Age 6-12
8 Age 13-18
296 Adults
320 Total

Navy Reserve



10 Age 6-12
3 Age 13-18
0 Adults
13 Total

Active Navy



49 Age 6-12
18 Age 13-18
0 Adults
67 Total

Active Coast Guard



14 Age 6-12
1 Age 13-18
2 Adults
17 Total

Active Marine



8 Age 6-12
8 Age 13-18
0 Adults
16 Total

Gold Star Families



21 Age 6-12
6 Age 13-18
0 Adults
27 Total

Total Military Youth



1,785 Age 0-5
4,882 Age 6-12
2,035 Age 13-18
804 Adults
9,506 Total

Teen Council

8 Members; 19 Meetings

The MENG Teen Council provides leadership, readiness, resilience, and networking skills essential to preparing teens for deployment and daily life. Their emphasis is on policy issues relevant to military teens. Identified issues are raised to a National level to enhance the quality of life for Guard members and their dependents through the Region One Rep. for the Guard Teen Panel. Our council is an exceptional group that is motivated academically and physically through many extracurricular activities. Over the course of the year they focused on life skills to increase resilience and readiness. The council put forth great effort in planning and hosting Teen Symposium. They collaborated with many professionals from Behavioral Health, to increase their knowledge of physical and emotional health and skills to increase wellness, . The council continued with the implemented COVID policies and continued training in a virtual format. They increased focus on social connections between youth and ways to ward off anxiety and depression while physically distanced. These skill were heavily utilized through the pandemic, and imparted to their peers at the Teen Symposium.



Grace K., Teen Council president.
Dependent of CST Soldier.

Best Practices

Teen Retreat; Resilience Mini Camp

In the pre-pandemic world, this event was designed for a younger demographic, where participants camped in large tents. Participants enjoy tenting in the great outdoors in Northern Maine and learning outdoors skills and building their resilience networks. During the pandemic we modified it to become a resilience training event in which teens brought one man tents to mitigate exposure risks. It is an opportunity to bringing numerous teens together from across Maine. The location we choose is a rural outdoor community to mitigate exposure from the public. Being rural National Guard provided transportation via a bus from locations around Maine to ensure programming would be accessible to all military teens, helping to make our event a success. The Camp provided resilience skills, outdoor skills, social and emotional learning, connection with the National Guard community, life-skills, and local history.

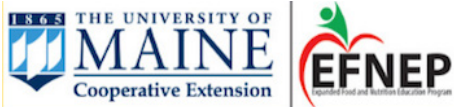
Chewonki Virtual Natural History Camp

Chewonki science educators guided youth through a 12-week virtual interactive natural history camp. Two duplicate sessions were offered per week via a password protected virtual presentation platform. Seats were limited to maximize interaction for participants. Maine animal experts educated kids about owls, amphibians, astronomy, animal drawing, animal adaptations, and biomimicry. Kids were engaged through interactive presentations, at home worksheets, drawing, and hands on STEM activities. Class materials were distributed in advance. The virtual presentations allowed us have the ability to see animals closer than an in-person presentation.

"These friendships have allowed my children to remain connected to other military children that are experiencing similar life challenges due to military life in General, deployment, hi ops-tempo, etc. These programs have helped my children deal with the many stressors involved with the constant changing dynamics of a military family, due to the requirements placed on the military member."
-MEARNG Soldier
Parent Satisfaction Survey

Community Partners

The University of Maine Cooperative Extension



The UMaine Cooperative Extension assisted our program through offering assistance in on-line learning. They assisted in running our STEM Robotics Camp Activities, and provided programing for our teen council.

The Maine Air National Guard



The ANG is instrumental to ensuring youth programming is accessible across the state through contributing transportation at central locations. This transportation allows a greater access for Maine's rural communities and allows kids to participate who would otherwise be unable. The cost savings to the program is thousands of dollars. ANG also actively seeks volunteers to assist in key roles around the state.

Teen Resilience Training MRT

At State Symposium teens participated in the 2 hour MRT Course. Juniors and Seniors applied Resilience skills as Junior Councilors at Bog Brook Youth Camp when confronted with conflicts, homesickness, and social challenges. Hunt the Goods Stuff is a major focus through the week at youth camp, aiding resilience and retention at camp.

In addition to in person training, we completed our mission to send MRT home through resilience trainings in our monthly mailing packets. We broke down MRT skills and sent one skill each month and combined it with in person training.

Over the course of the year we have Identified Character Strengths, Using Character Strengths with Others, Avoiding Thinking Traps, Activating Event, Thought, Consequences (ATC), Assertive Communication, Problem Solving, and Real-Time Resilience. Providing these skills in a family friendly format through the pandemic was crucial to help families increase resilience and readiness.



Dreams H. conquers the repel tower guided by volunteer and trained staff SPC Logan Hanson at Annual Bog Brook Youth Camp. Dependent of MEARNG 262 Soldier.

Volunteers

142 Volunteers • 7,589 Volunteer Hours

Our volunteers dedicate their time and skills to ensure the needs of military children are met. This year they helped prepare for and execute events. They guided and mentored military youth at day and overnight camps to help develop leadership skills.

Our volunteers inspired kids to be their best self through activities and encouragement to try new things. This year they mentored kids at camp, encouraged them to be brave by trying new activities and helped cultivate friendships. In addition they have been support staff at events and multiple volunteers work in the office on a weekly basis to fulfill clerical tasks, and prepare for and clean up after events. They offer ideas to enhance our programming. This allows our LCYPC and part-time CYPC to increase community capacity and maximize time planning events.

Our program offers many opportunity to inspire the next generation and the ability for the volunteer to network with leadership without a rank structure. This allows our volunteers to shine and make connections that ultimately benefit retention and contribute to military pride throughout their career.



Jim Roy, retiree, active police officer, and volunteer since 2000, saves the day by bringing a personal flag, to help kids learn flag etiquette when the facilities flag had to be unexpectedly retired.

"The programs offered are so special, especially the annual youth camp that is put on. The volunteers are great, the kids have a ton of fun, and all my kids look forward to going every summer. When it was canceled due to covid for summer of 2020 they were crushed. This year they were even more excited to see all their friends. Everyone at the youth camp is so welcoming and my son who is autistic is loved at camp and can be entirely himself with kind peers and volunteers supporting him. It is pretty magical and has given my kids confidence to overcome fears, to take challenges head on, and has made them a lot of memories that they talk about. They have even spread their love of youth camp to other friends who have parents in the military." -MEARNG Soldier - Parent Satisfaction Survey



Elizabeth Marcotte

Lead Child and Youth Program

Coordinator

(w) 207-430-5773

(c) 207-432-6647

Elizabeth.A.Marcotte6.ctr@army.mil

Kyra Darling

Child and Youth Program

Coordinator

(w) 207-430-5953

Kyra.E.Darling.ctr@army.mil

Mailing Address

DVEM

Attn: Youth Program

SHS #32

Augusta, ME 04333-0033



"MENG Youth Program"