

Nevada National Guard

# Child and Youth Program

ANNUAL

Report

FY21



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# Mission

Provide experiential learning opportunities to empower Nevada National Guard children and youth to meet the challenges of military family life.

# Vision

Assist in building more confident children and youth who are more prepared to thrive during deployment cycles to maintain mission and family readiness.

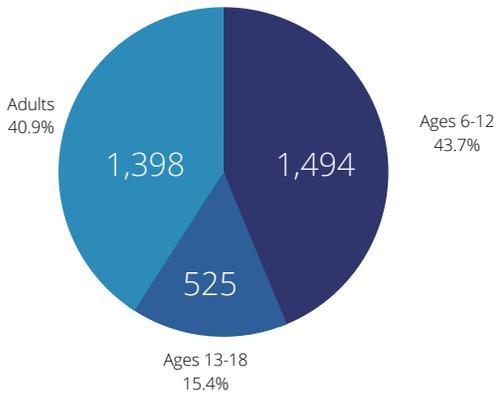
# Goals

Strengthen connections to evidence-based that support greater self-awareness, self-regulation, and self-control, as well as, challenge and prepare for the rapidly changing world and develop critical thinking to become an effective agent of change. ,

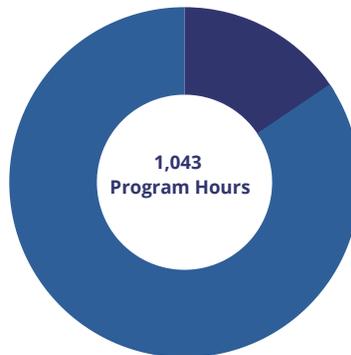
## Our Year at a Glance

From events that helped dependents meet challenges confidently, new gathering formats that still celebrated the National Guard community, to a newsletter that investigated relevant resilience topics, and virtual events for teens and families these solutions have reached thousands throughout the year. We know our impact means more than the number of people we reach, but the breadth of people involved in our program lets us know we're on the right path.

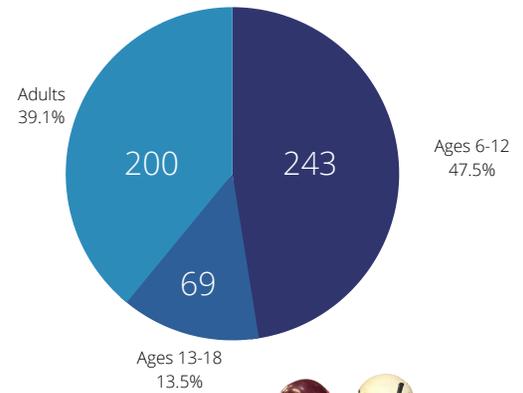
### ARNG Participants



### By The Numbers



### ANG Participants



- 4** Yellow Ribbon Events
- 6** Community/Education Outreach Events
- 7** Command/Unit Briefs
- 2** Youth Symposiums
- 34** Day Camps
- 2** Residential Overnight Camps
- 12** MOMC Events



## Getting the Word Out

Marketing and Outreach are how we stay in touch with our families. From social media engagements, direct email marketing, and newsletter readership NVCYP builds its outreach branding online.



2,193 Planning Hours



232,491 People Reached



5,590 Engagements

# Risk, Reward, Adapt

Adolescence can be a balancing act of risks, opportunities, and learning to adapt. During this developmental period, risk-taking—physical, social, emotional, academic, creative—naturally expand as young people prepare to live independently.

In action, this looks like pushing boundaries and being hyper-focused with how their friends will reward the outcomes.

These conditions inform the design of pieces of training at the State Youth Symposium and Youth Resilience Trainings, both in-person and virtually. In training, evidence-based skills and concepts build the belief that “we are capable” throughout training evolutions—positive risk-taking, reflection, expert support, and adaptation.

## Positive Risk-Taking



At the *State Youth Symposium*, youth participate in inherently dangerous activities, sometimes resulting in fear and uncertainty. In preparation for these moments, teams review and rehearse *self-regulation MRT skills*—goal-setting, deliberate breathing, and controlling the controllables—to decide on the most relevant emotions to take action from.

"The program is special because it not only is a support opportunity, but it is a confidence-building/going outside the box opportunity. Challenged physically and mentally."

-Darci Bartalomy, NVARNG Spouse

## Reflection



Recovering from a strenuous day at the *State Youth Symposium*, youth connect before a reflection exercise involving *MRT skills*—*deliberate breathing and Hunt the Good Stuff*. During moments of reflection, youth also were journaling and *peer-to-peer motivational interviewing*, a newly introduced best practice in our youth symposium.

"You have given my daughter, that has been struggling severely with mental health issues, an outlet for her to grow at her own pace and without judgement. The constant encouragement, and patience that was spent on her to get her to feel confident about her skating has directly transferred to her life. She knows to take things slow, believe in herself, and never give up. Your program has been invaluable for her—and us, as her family. "

-NVARNG Spouse

## Adaptation



With COVID-19 restrictions in place, 179 children and youth expertly adapt during the *Month of the Military celebration*. Using "*Camp in a Box*" as a best practice, they safely explore a virtual museum where they learn about oceans, space, world cultures, human senses, mammals, and art from their own homes. Channeling their energy into problem-solving activities brings positivity & purpose into a difficult situation, making the best during quarantine.

"Adapt and overcome. Weather and unplanned scenarios transpired, but it was all about how we as a family handled them."

-NVARNG Soldier

## Expert Support



We don't take risks—physical, social, emotional—lightly. This exposure is why experts in risk management and emotional support surround our youth. Our Youth Resilience Trainings with the Chill Foundation teams of qualified adults coach youth in fostering respect, courage, patience, persistence, responsibility, pride, and gratitude through boardsport platforms.

"The staff - they are excellent mentors who are positive!"

-NVARNG Spouse

# Learning Our Leader

At the State Youth Symposium, Youth Council leaders are seen so by the people around them.

The elements of a leader are a mash-up of qualities everyone possesses with varying aptitudes. Sometimes, it takes the right environment or conditions for young leaders to become aware of their unique ability to empower others to be their best. It's where meaningful change occurs—advancing a sense of agency and the confidence to be bold in their pursuits.

It's also where we see the evidence of our impact...

At the State Youth Symposium, a delegate rafting team celebrates triumph after running a challenging rapid, taking commitment, communication, and courage of all leaders on board.



"The camaraderie is unmatched...This program was my second family."

-CDT PVT  
Breuna JaNa  
Bolton



Youth Symposium Volunteer and Former NV YAC Member



"Being in the military has meant everything to me. I've learned to hone my leadership skills while with the NVCYP and will take them with me in my next steps."

-YAC Member, Ayden  
Rodriguez, hopeful  
Service Academy  
Student

Delegates gather after a council, where four chosen peer leaders held a safe space for authentic connections, developing their team camaraderie.



## Teen MRT Resilience Program Info

NVCYP focuses on delivering Teen MRT content in an arena where competencies—self-awareness, self-regulation, optimism, mental agility, strengths of character, connection—and skills find points of application in real-time.

37 Youth Delegates were trained in these areas while volunteering 32 hours during FY21 while implementing MRT acumen.



**1,184**  
YAC Volunteer Hours

Delegates rehearse MRT competencies with peer support—self-awareness, self-regulation, optimism, mental agility, strengths of character, and connection—prior to rappelling 100ft to a personal win.



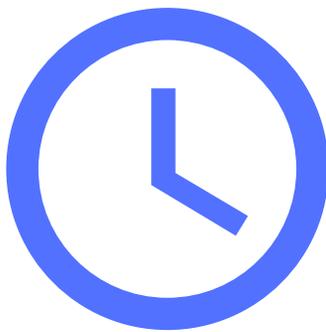
# Partners Make it Possible

Our impact is the result of deep collaboration. We pursue our mission alongside organizations and people committed to healthier communities—youth, military, and local. Including others in our efforts amplifies the care and expertise of the support network surrounding the people we serve.

Whether we're learning to become stewards ourselves by volunteering or welcoming volunteers who support us, community capacity building is how we navigate growing as a program and helping the young people who join us take ownership for their growth.



**296 Volunteers**



**1,385  
Volunteer Hours**



Thirty volunteers from three organizations pre-pack backpacks, preparing NVNG families for a new school year.



NVNG families lend a hand on an urban farm, readying the greenhouse for upcoming education programs.



Santa's Workshop Volunteers take a final moment together after serving National Guard participants and participants from other branches

# Proud to be Supported By

We're seeking to help military-connected children and teens develop a belief in their capacity to effect change by their actions during and after military family life. The paths to get here are many, involving multiple stakeholders, requiring a support network that shares a purpose.

Community partners like Blue Star Mothers of Spanish Springs, Operation Homefront, the USO of Nevada, Toys for Tots and Daughters of the American Revolution support Family Connection Events throughout the year that help bring together the National Guard community for holiday celebrations or preparing for back-to-school.

Our pursuit is complex, and we don't have all the answers. By adding diverse perspectives, our team builds on our creative capacity to advance our mission.

Some of our most cherished partnerships are with teams that share our purpose. Our extended team shares our motivation to strengthen Nevada National Guard children and teen's support network.

Whether we're collaborating with the Gateway Mountain Center to discover nature as medicine, teaching core values through boardsports with the Chill Foundation, or teaming up with Recruiting and Retention to amplify the supportive force at the Youth Symposium—we're privileged to work with the best!



## RYAN WICKES

LEAD CHILD & YOUTH PROGRAM COORDINATOR  
LOCATED IN NORTHERN NEVADA

O: 775-384-5805 L C: 775-291-7853

[RYAN.H.WICKES.CTR@MAIL.MIL](mailto:RYAN.H.WICKES.CTR@MAIL.MIL) OR  
[NVYOUTHPROGRAM@GMAIL.COM](mailto:NVYOUTHPROGRAM@GMAIL.COM)



## ABIGAIL HATEFI

CHILD & YOUTH PROGRAM COORDINATOR  
LOCATED IN SOUTHERN NEVADA

[ABIGAIL.HATEFI.CTR@GMAIL.COM](mailto:ABIGAIL.HATEFI.CTR@GMAIL.COM)