

# NEW HAMPSHIRE ARMY NATIONAL GUARD CHILD & YOUTH PROGRAM ANNUAL REPORT FY21



\*Note: Photos in this annual report have been photo released and are on file with the Lead Child and Youth Coordinator.

# NEW HAMPSHIRE ANNUAL REPORT FY21

## MISSION

To promote and sustain the quality of life, readiness, and resiliency of geographically dispersed New Hampshire Military Youth and Families by providing high quality support services, enrichment programs, and community partnerships.

## GOALS

- Deliver recreational, social, and educational programs for New Hampshire's Military Youth that build a sense of belonging and provide opportunities for them to network with other Military Families in their community.
- Provide New Hampshire's Military Youth with opportunities to build teamwork, develop leadership skills and life skills, and ensure they are better able to manage their lives throughout the deployment cycle by fostering resiliency.
- Educate Military Families, schools, and community personnel in New Hampshire on the impact of deployment cycles on Military Families. Raise awareness of the resources, support services, and programs available to New Hampshire's Military Families.

## PARTICIPANTS SERVED

Branch/Component	Ages 6-12	Ages 13-18	Adults
Army National Guard	1,531	224	713
Air National Guard	640	101	78
Army Active	18	35	0
Army Reserve	22	3	1
Air Force Active	23	5	0
Navy Active	1	1	1
Navy Reserve	1	1	0
Marine Active	18	2	0
Coast Guard Active	34	0	0
Other	0	0	392
<b>TOTAL:</b>	<b>2,288</b>	<b>372</b>	<b>1,185</b>

**Total youth served in FY21: 2,660**



## VOLUNTEERS

FY21 continued to be a challenging year for volunteering, due to COVID-19 precautions, restricted programming, and Delta variant concerns. In spite of these challenges, the NH National Guard Child & Youth Program was fortunate to have an incredibly valuable statutory volunteer this fiscal year; a former NHNG Youth Council President, long-time council member, and now young adult. This volunteer received additional training this fiscal year, and took an active role in supporting the State Youth Council, bringing an abundance of experience and wisdom to supporting the program.

The Lead Child and Youth Program Coordinator directed the efforts of 1 statutory volunteer and 9 gratuitous volunteers, resulting in 24.5 volunteer hours contributed. Through the efforts of these volunteers, the Child and Youth Program is able to reach a wider audience with more impactful, targeted, and robust programming than is otherwise possible.

The volunteer corps continues to make considerable and meaningful impacts in serving New Hampshire's Military Youth, and is a significant force multiplier to the efforts of the Lead Child & Youth Program Coordinator.

# NEW HAMPSHIRE ANNUAL REPORT FY21

## FY21 HIGHLIGHTS

2 - New Hampshire National Guard Child & Youth Program Summer Camps, one youth session and one teen session, were held at Copper Cannon Camp.

18 - Activity packets were created and mailed to New Hampshire Military Youth.

3 - Yellow Ribbon events were supported with attendee briefings and resources.

16 - Child & Youth Program briefings were given to 116 Soldiers returning from AIT, as part of the New Hampshire National Guard 1st Step Program.

11 - State Youth Council meetings and trainings were held by the New Hampshire National Guard State Youth Council.

1 - Military Youth recognition initiative provided 206 Military Youth with certificates for April: Month of the Military Child.

1 - Outreach program provided 231 youth and teens with 'The Child & Youth Program's Museum of Natural History' themed winter break kits. In an initiative to encourage activities promoting hands-on learning in the areas of: military culture, art education, world cultures, space, oceans, mammals, and the five senses; youth were encouraged to demonstrate knowledge by creating their own tiny art exhibit.

1 - Red Cross Basic Life Support (BLS) certification course was offered to Military Teens through the Child & Youth Program.

1 - Purple Star orientation and training was provided to 27 educators, who have been designated their school's Purple Star Point of Contact, to raise awareness of, increase protection measures for, and provide resources to support Military Youth in New Hampshire.

3 - "Virtually Wild" educational animal programs were taught, via Zoom, to Military Youth by Squam Lakes Natural Science Center.



NEW HAMPSHIRE NATIONAL GUARD  
CHILD & YOUTH PROGRAM'S SUMMER CAMP  
2021

"As an Active National Guard Soldier and a father of two school age children I can tell you that my kids' participation in Child and Youth Programs is crucial to my readiness and confidence that they can handle the stress and responsibility of being a Military Child. They are forever connected to other children that know what it is like to be in their same position. They have built a strong support system and skills to be able to handle their own life stressors, along with the ones that Military Kids have to deal with.

This past year has especially been taxing on the National Guard and myself. With their participation in family events, camps, and other youth programming, they have done really well handling it all."

-SFC Dana Osborne, NHNG Future Leaders of NH Program Manager & Senior Instructor-195th Training Regiment

## NEW HAMPSHIRE TEEN RESILIENCE

In FY21 the NHNG Child and Youth Program delivered resilience training to over a hundred youth and teens via mailed activity packets. Each packet focused on a resilience skill of the month, with worksheets and activities to augment learning and practice. The resilience skill of the month was also shared on social media platforms and received high levels of engagement and shares. By providing resilience training to youth in their homes as a safety precaution, the Child & Youth Program was able to increase the program's reach to youth who may not have accessed the training otherwise. In addition, the Child and Youth Program was able to hold small in-person summer camps this year, where the skills were taught and practiced daily by 23 campers, providing opportunities to hunt the good stuff, set goals, and recognize character strengths. Practicing these skills, in real time, is essential to youth and teens who are readjusting to social environments.

The objective of the teen resilience curriculum is to increase individual resilience and performance by helping teens develop the mental, emotional, and behavioral ability to cope with and recover from a stressful or adverse experience and achieve positive outcomes, adapt to change, stay healthy, and grow from the experience. This curriculum is consistent with the Army's adult curriculum and aids in creating a common language between Military Teens and their Service Member.



# NEW HAMPSHIRE ANNUAL REPORT FY21

## NHNG STATE YOUTH COUNCIL

Established in 2013, the New Hampshire National Guard State Youth Council was formed in order to support New Hampshire National Guard Youth. This council consists of volunteer members between the ages of 13-18, working together towards a common goal of actively involving youth in issues affecting them and implementing new ways to enhance the quality of life for our Service Members and their dependents.

The group acts as an advisory council to the Child and Youth Program Coordinator in matters concerning National Guard Youth; enhances the goals and objectives of the Child and Youth Program; and promotes communication, involvement, and support among National Guard Youth. Members also receive opportunities to build upon their own leadership skills and connect with other Guard Youth in the state, region, and Nation.



In FY21, four council members participated in trainings focused on resilience, team-building, leadership, critical problem solving, first aid, and survival skills. They have supported initiatives and events for Military Youth with valuable input on programming. This year, they joined the Blue Star Mothers in an initiative to lay wreaths at every headstone at the NH Veteran's Cemetery, deepened their knowledge of art and culture at the Currier Museum of Art, and engaged in leadership trainings with Future Leaders of New Hampshire. The council shifted to virtual meetings as needed this year for safety, but continued to have a tremendous impact on the Child & Youth Program by advising and aiding in the creation of outreach and programming efforts.

## NEW HAMPSHIRE NATIONAL GUARD YOUTH AND TEEN SUMMER CAMPS

The Summer of 2021 returned to a tradition of in-person, partnered camps between the NHNG Child and Youth Program and the NHNG 157th Air Refueling Wing's Airman & Family Readiness Program. These partnered camps allowed us to maximize resources, increase opportunities for Military Families, and avoid duplication of services. Our collaboration enables us to work towards a common goal of providing all of New Hampshire's Military Youth, Teens, and Families with opportunities to develop their life-skills, leadership qualities, team-building, and connections, while enjoying experiences designed to increase resilience.

NHNG Youth Camp at Copper Cannon Camp: 14 Military Youth, ages 9-12, spent the session reconnecting with other Military Youth, participating in resilience training, and learning valuable life-lessons. Campers also participated in traditional camp activities including: campfires, hiking, swimming, gaga, bombardment, and much more. As part of resilience training, campers learned experientially by focusing on seeking character strengths and hunting the good stuff, incorporating these skills into their daily lives.

NHNG Teen Camp at Copper Cannon Camp: 9 Military Teens, ages 13-17, spent the session engaging in team-building and practicing leadership skills in the beautiful White Mountains of New Hampshire. The teens completed team and individual challenges while reconnecting with peers, and participated in activities such as hiking, boating, swimming, and campfires. They applied resilience skills with interactive and experiential learning, while increasing fitness and communications skills.



# NEW HAMPSHIRE ANNUAL REPORT FY21

## CHILD & YOUTH PROGRAM ACTIVITY PACKETS

Throughout FY21, the COVID-19 pandemic continued to impact the world. The numerous challenges to the ways in which the National Guard Child and Youth Program could deliver programming persisted. A collaborative team of Child and Youth Program Coordinators (who adapted and created a new and different way to reach military youth in FY20) continued to reach out across the country. This synergistic effort resulted in dynamic, themed, activity packets that were shared with coordinators, and National Guard Youth, nationwide.

The packets provided programming in: resilience skills, fitness, social-emotional learning, connection to family and the National Guard community, healthy living, life-skills, history, and science.

The NHNG Child & Youth Program shared packets via email, traditional mail, and on social media, in efforts to reach as many Military Youth as possible to provide valuable programming and support to National Guard Families in challenging times.

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"We are so grateful the Army National Guard Child & Youth Services Program was able to offer a normal summer experience safely this summer. Their continued dedication to engage many kids through various different programs is outstanding! With their continued support my child always has an activity scheduled such as attending summer camp, art classes, obtaining CPR certification, or volunteering at the NH State Veterans Cemetery. Looking very much forward to what opportunities 2022 will bring. -The Lavalley Family

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## NEW HAMPSHIRE NATIONAL AND STATE PARTNERS

The New Hampshire National Guard Child and Youth Program is continuously building a statewide support network, together with youth, adults, schools, community groups, military, and private organizations. This collaboration has provided a much needed web of support for our amazing Military Youth and Families.



The Purple Star Program is a collaboration between the NH Governor's Commission on Alcohol and Drug Abuse Joint Military Task Force, the NH Dept. of Education, and the NH National Guard Counterdrug Civil Operations Program. The program is a valuable force multiplier for the NHNG Child & Youth Program, providing opportunities for education outreach and training. In FY21, 13 high schools and 2 elementary schools joined the initiative, receiving a day of training focused on supporting and serving New Hampshire's Military Youth. These schools have received the Purple Star Award for military-friendly schools, which recognizes schools that show a major commitment to students and families connected to our nation's military.



The Currier Museum of Art honors the dedication and service of all Military Families in New Hampshire by offering full-tuition scholarships for Military Youth to art classes, workshops, and vacation art camps, through their Art for Vets Program. The Currier Museum of Arts collaborates with the Child & Youth Program to spread their reach, offering a valuable, centrally-located opportunity within the state, that is widely accessed by New Hampshire National Guard Youth.



The Care Coordination Program is unique to the state of New Hampshire. Its tenets include passionate and experienced Care Coordinators as well as Financial Counselors working face-to-face with Service Members and their families regardless of branch or component, with the mission of enhancing the readiness, retention, and reintegration of those who live, work, or serve in the state of New Hampshire. The program collaborates with the NHNG Child and Youth Program to share resources and information, support Military Families and Youth, and augment services throughout the state.



NEW HAMPSHIRE  
ARMY NATIONAL GUARD  
CHILD & YOUTH PROGRAM  
ANNUAL REPORT FY21



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