

# North Carolina National Guard Child & Youth Program FY21 Annual Report



From the Mountains to the Coast the North Carolina National Guard Child & Youth Team supported 7,585 military youth across our state!

## **Our Goal...**

Our programs are designed to foster positive youth development and support the unique strengths and challenges through Education, Access to Resources, Opportunity to Partner, Communication, Resiliency and Outreach.

## **Our Mission...**

To promote and sustain the quality of life and resilience of NCNG children and youth by providing secure, timely, flexible, high quality support services and enrichment programs.

Children Served by Branch & Age					Adults Served by Branch	
Branch	0 - 5	6 -12	13-17	Total Youth	Branch	Total Adults
ARNG	184	392	207	783	ARNG/ANG	2339
ANG	0	125	17	142	Active Duty	13
Navy	0	1	0	1	Reserve	14
Navy Reserve	0	12	0	12	Coast Guard	8
Gold Star	0	1	2	3	Gold Star	1
Other	0	3	0	3	Other	148
<b>TOTAL Youth SERVED</b>	<b>184</b>	<b>534</b>	<b>226</b>	<b>944</b>	<b>TOTAL Adults SERVED</b>	<b>2523</b>
<b>Resource Referrals Made:</b>			<b>1044</b>	<b>Programing Hours</b>		<b>382</b>



## Volunteers

The value of our North Carolina volunteers time is unmeasurable. Volunteer support allows us to deliver many opportunities to our NC National Guard military families and 7585 children. In FY21 we utilized 74 volunteers contributing a total of 273 hours providing a service valued at \$7,792.00 (according to the estimated value of volunteer time national average rate of \$28.54 per hour found on [www.independentsector.org](http://www.independentsector.org)). Volunteers supported 54 Child & Youth Programs, Yellow Ribbon and partnered events this year. Volunteers served as facilitators in classes such as communication, healthy choices, job skills, goal setting and financial planning. They also provided valuable insight into how being a volunteer does not only benefit their communities, but also brings a sense of purpose to themselves. Volunteers always jump right in wherever needed, especially when it comes time for sorting donated supplies, running an activity at Yellow Ribbon or special event craft station. Volunteers are positive role models for the youth we support.



## NCNG Teen Council in Review...

Kicking off the new year virtually in September 2020, Teen Council shifted to in-person meetings by November, thus creating personal connections. NCNG Teen Council focused on personal growth for its eight members. Every teen has used their character strengths and time management skills learned to navigate the ever-changing dynamics of school during Covid. In partnership with the USO, they participated in a workshop on “Random Acts of Kindness” which led to their decision on the Adopt-A-Park Program as a community service project. During the year they worked with First Command on realistic budgeting, NCNG S.H.A.R.P on understanding relationships and the USO-NC during National Nutrition Month. The teens are always happy to assist, especially during the holidays, this year NCNG Teen Council adopted 2 teens from the Angel Tree as well as sorted



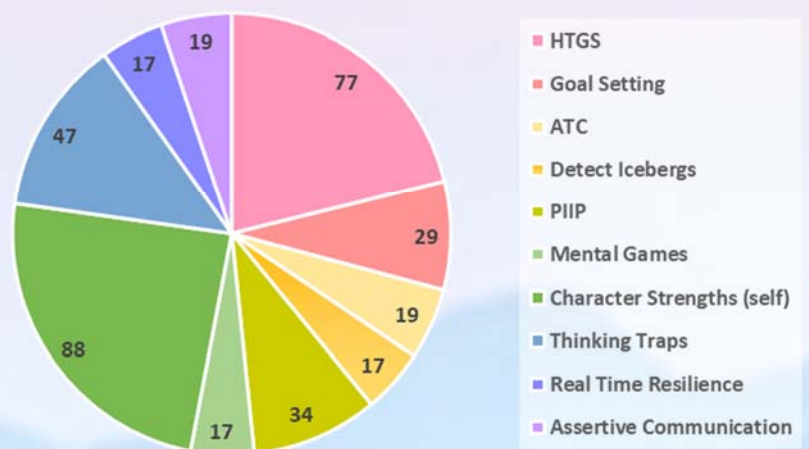
donations, helping to support the 80 NCNG families and 140 children during Christmas. In total, they provided 161 hours of community service this year with 124 hours directly supporting CYS programs. Selected members also participated in a “leader in training” program during our youth camp at 4H this summer. Although postponed twice due to Covid, the Region 4 Symposium finally took place in August 2021, 22 teens were able to attend. The event’s theme was “Marketing Yourself, Preparing for the Real World.” Our teen council members were a fundamental component to the success of the event. Teens were able to hear from many speakers about various personal growth aspects like having a healthy self-image. At this event they made lifelong connections with teens from other states.



## Resiliency Training for Teens

Resiliency skills continue to be an important part of educational trainings for our youth by providing them tools to help navigate life challenges. This year our focus was on Character Strengths. This skill tied in closely with our diversity training and helped make the connection that we all have different strengths. By using our character strengths we can learn to cooperate when working in groups, meeting project outcomes, communication and empathy for others. Hunt the Good Stuff and optimism continue to be a staple in resilience trainings adding in some Perspective, Thinking Traps and Assertive Communication gets everyone off to a good start. This year we had 11 events that taught one or more skills and trained a total of 88 youth. Being resilient is a learned skill and having these tools available when we are faced with life challenges is an important part of the puzzle in making a stronger individual, family and team.

CSF2 Youth Training





**Family!**

**Fun!**



**Friends!**



## PROGRAM HIGHLIGHTS

Total Events	Type of Event
7	Yellow Ribbon Events
18	Day Camps
3	Month of the Military Child Events
10	NCNG Teen Council Meetings/Trainings
3	Partnered Event
1	Family Day/Military Appreciation Events
2	Overnight Camp
1	Volunteer Training
1	Regional Symposium
2	Command/Unit/FRG Briefings
3	Community Partner Training/Meeting
1	Education Outreach & School Support Group

### Community Partners Helping Build Community Capacity



The USO-NC continues to be one of our main supporters for training opportunities and special partnered events. This year we partnered to provide a healthy lifestyle training during National Nutrition month as well as a family fun day at a local park in honor of Month of the Military Child. They provided the nutritionist and life coach as well as volunteers for both of these partnered events. They also provided snacks and drinks for our Teen Leadership Retreat, Volunteer Training, and Region 4 Symposium.



Stand-Up Speak-Out, provided training at Teen Council as well as the Region 4 Symposium. Tai Caldwell did a program on developing and maintaining a healthy self-image that focused on character strengths, teaching our youth how to hold their head high and reach for the stars.



John Deere continues to be a strong supporter of our Back to School Brigade on a corporate level providing much needed items that are not often donated. This year their focus was on providing the scientific calculators needed by middle and high school students as well as providing other traditional school supplies.



## Best Practices

### Discover Dairy Adopt-A-Cow Program

The Dairy Excellence Foundation set-up the Adopt-A-Cow program to teach about the importance of farmers, the dairy industry and nutrition, through educational activities in science, math, recipes, physical fitness and crafts. This program was set-up for a classroom setting of about 20-25 but was easily adapted to be a virtual program. We sent out an announcement to all the families registered for the program when we received our adopted calf's information. Our Holstein heifer Hannah, was born on 27 September 2020 with a birth weight of 95 pounds. Hannah lives on the G.W. Bell Dairy Farm in Kings Mountain, NC. Unfortunately due to Covid guidelines, we were not able to coordinate a site visit to the farm, but did share a virtual tour with our participants. The 13 participants we had enjoyed making cheese, butter, whip cream, cow puppets, and hats. They also did science experiments, and learned vocabulary, math, and nutrition facts.

For more information about the program go to: [www.discoveredairy.com/adopt](http://www.discoveredairy.com/adopt)

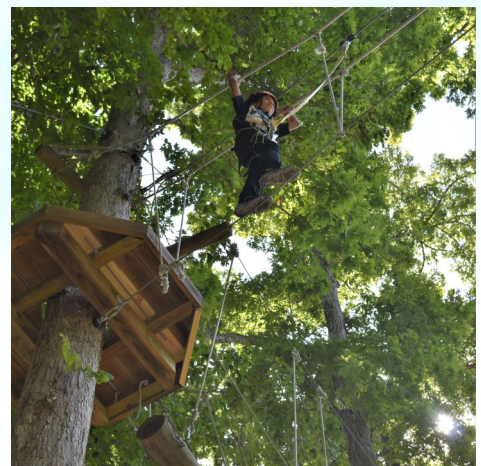
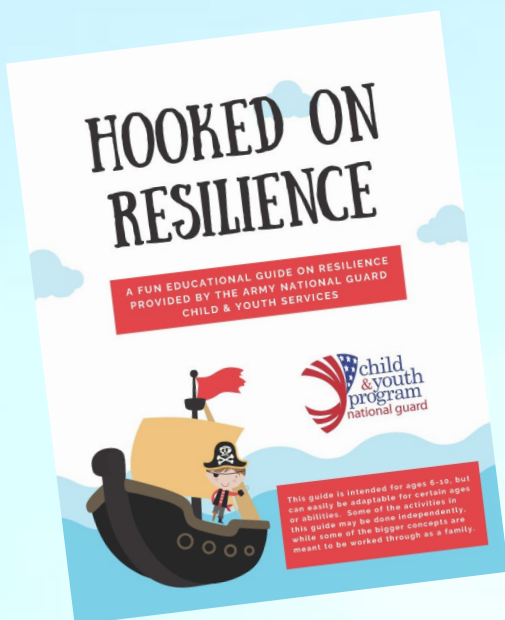


G.W. BELL DAIRY

### Resiliency Packet for Younger Youth

Throughout the challenges of Covid restriction we have had to think outside the box and create more virtual programs and activity packets to keep our youth engaged and connected to Child & Youth programs. We partnered with Alabama to put together an activity packet, "Hooked on Resiliency", for youth ages six to ten. This packet allowed youth to learn about resilience and the skills that contribute to their

resilience by reading and discussing information and activities related to all six core competencies, Self-Awareness, Self-Regulation, Optimism, Mental Agility, Strength of Character and Connection. Our hope is that by introducing resiliency skills early we will improve their growth and development.



## NCNG Child & Youth Program Making an impact on Soldiers and Families One Child at a Time

"I have had my children involved in the North Carolina National Guard Child & Youth Program for the last 9 years and they have enjoyed every experience. I spread the word about the NCNG CYS every chance I get to try to get more children involved in the program so their family can enjoy the experience and opportunities the program has for our families. My oldest son's first experience was at the Youth Camp and he wasn't ready to leave when it was time to pick him up. My children have been involved in the youth camps, teen retreats, teen council, Easter egg hunts, back to school events, military children's balls and the list goes on. When I drop my children off to the camps, retreats, and events I am not worried about them while I am gone because I know they are in good hand with the NCNG CYS staff. NCNG CYS has given my children the opportunity to connect and network with other military children. It has allowed them to use their leadership skills that they didn't know they really had along with providing them with resiliency training and skills to help them cope with deployments. My children have volunteered for numerous events and community service. We appreciate the opportunities and experiences they have gotten with NCNG CYS and this program has been a blessing to my family."

- SFC Patrice L Smith, HHC JFHQ

"I wanted to take a minute to tell you just how wonderful of an experience the NCNG Youth Camp was for my kids. It was their first time at an overnight camp like this and they both absolutely loved everything about it. They adored their counselors and made some great friends too. My older son got teary eyed when my husband picked him up and it was time to go. I filled out the online survey, but I feel like it doesn't do it justice.

Thank you from the bottom of my heart for all that you do, it makes a true difference in so many lives."

- SSG Natalia N. Storr, HHB 1-113th FA SNCO

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Through friendships formed during Child & Youth Programs, "my children are able to share experiences with other children who truly understand what it means to have a parent leave for months at a time. This experience may be much easier to find when living on or near an Active Duty base, but is much less common for National Guard Soldiers and Airmen."

- Soldier-Parent Satisfaction Survey

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### State Family Programs Office

[www.nc.ng.mil/services/familyprograms](http://www.nc.ng.mil/services/familyprograms)

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