

Rock Hill Commission for Children and Youth
March 6, 2023
Meeting at Fewell Park
5:30 PM

The Commission serves to enhance and promote the positive development of all children and youth through comprehensive collaborative action. The Commission will utilize all of the community's resources, public and private agencies, businesses, church and civic organizations, to promote the health, safety, education and social well-being of all children and youth.

MINUTES

Present: Jenifer Crawford, Queenie Hall, Cindy Taubenkimel, John Sanders, Clair Roberts, Mary Robbins Evans, Erica Smith

Absent: Rick Gist, Sarah Hopkins Titman

Staff: Garnet McKeown, Patti Panetti and Olivia Reed.

CALL TO ORDER 5:38 PM

Special guests attending:

3 guests (Maddie, Barbara, and Sabina) from the "Inside Rock Hill" program, a city initiative where citizens learn about city departments, came to listen and learn about the Commission and ways to get involved

Judy Rappius and Robert White from NAMI (National Alliance on Mental Illness) came to talk to the group

- There is a state branch as well as a Tri-County branch and Judy and Robert represented both
 - Tri-county covers York, Chester and Lancaster
 - Robert gave an overview of what NAMI is and does
 - Safe Kids York County is a non-profit started by NAMI that strives to provide support and resources to help keep kids safe
 - NAMI offers free programs and resources centered in the following areas
 - Education
 - Classes geared towards parents and caregivers and those under 22, families, and the homefront (veterans and military)
 - Support Groups
 - There are currently 15 different peer-led groups. Depending on the group, they meet weekly or monthly.
 - Community Outreach
 - Provide training for front line workers and crisis prevention
 - Can get CEU credits for going through training
 - In Our Own Voice programs – where those with experiences come and tell their stories
 - Community presentations – free and open to churches, businesses, social groups etc.
 - Resources
 - Good center for info on website
 - Also app coming July 2023!
 - Drop-in Centers
 - The Hut on Oakland
 - Open Monday – Wednesday from 11 AM – 3 PM and by appointment

- Advocacy
 - Collaborations with agencies
 - Working to get legislative bills and strategies passed
 - Working with providers
 - March 30 – Advocacy Day at the State House
 - Handouts – what to do/who to call
 - New facility opening in Lancaster
 - NAMI is happy to have someone come speak for free to anyone and also has free resources
 - Best advocate and prevention is you
 - Judy presented on the state statistics and pre and post COVID changes in numbers.
 - Anxiety, stress, depression, and loneliness stats have gone up post-pandemic
 - CDC new article and study on young girls’ struggles and depression
 - Suicide rates have also gone up
 - Studies show that teens wish schools provided coping strategies and inclusive spaces.
 - Ending the Silence programs – geared towards students and families
 - Aimed at mental health awareness and suicide prevention
 - Mental health struggles working against stigmas too
 - May change name to mental wellness
 - Judy aims to get into more schools and do more programs
 - Refresh and Reclaim – boundaries and self-care workshop
 - Open to anyone, but geared towards school staff
 - Go Lime Green – Mental Health Matters
 - Cheerleaders, athletes etc. wear lime green to football games
 - Raising awareness (like Susan G. Komen for the Cure wear pink initiative)
 - 988 suicide and crisis lifeline number
 - How we can help
 - Share our stories
 - Advocate
 - Share resources

Minutes

November and February minutes approved

Old Business

Youth Council

- Last meeting discussed the CDC article about young girls and mental health
 - The group plans to host Judy from NAMI for a series of 3 sessions to help break the stigma and raise awareness of what we can do if a friend or anyone is hurting.
 - Open to 20 students each
 - One will be held at Fewell Park, one at the York County Library, and one at Emmett Scott Recreation Center
 - These sessions will be free and geared towards high schoolers.
- Will also be working on another “Spring Into Volunteering” opportunity
 - Kids working to spruce up the city prior to the Come-See-Me Festival
 - Two opportunities - March 25 and April 1
 - Free t-shirts to volunteers. T-shirts say “Volunteer – An Agent for Change”
 - Approx. 60 have signed up already
 - Sign-ups on cityofrockhill.com/prt under News

Youth Service League

- Sign-ups open soon
- After spring break, will be going into schools to recruit in late April/early May
- Program kicks off in June
- Working to rebuild program back to pre-COVID participation
 - Approx. 65 before the pandemic. Last year about 29 participated

ACES & Resilience Task Force

- No report

Ambassadors' Meeting

- No report

New Business

- Discussion of this year's schedule
 - April's meeting will be April 17 due to spring break.
 - The first Monday of the month will generally be the schedule.
 - May 1
 - June 5
 - No meeting in July
 - August 7 unless another meeting takes place (CCY may assist with YSL earlier that week on August 3)
 - August 28 or Sept. 11 (due to Labor Day)
 - Oct. 2
 - Nov. 6
 - No December meeting due to December Commissions dinner

Additional Comments

- Parent Academies, started in 2020 and continued every week since.
 - This year focusing on mental health more.
 - Sessions are available for on-demand listening on Rock Hill School's webpage

Tentative date for next meeting is April 17.

Adjournment

Meeting adjourned at 6:45 PM.

Respectfully submitted,

Olivia Reed