

VOL. 1 ISSUE 1 • JUNE 2021

ASHE & ALLEGHANY EYFP UPDATES

The Empowering Youth & Families Newsletter

Empowering Youth & Families Program

The Empowering Youth & Families Program is designed to incite resilience and prevent opioid misuse in middle school youth and their caregivers. Families participate in ten weekly sessions where they learn about youth development, the effects of opioids on developing minds, and much more! This program is intended for any family who wants to bring positive change to their community.

In January, Ashe & Alleghany began their EYFP programs and wasted no time in reaching out to partners in each community to grow EYFP! Our Program Assistant will use this newsletter to provide updates for EYFP in Ashe & Alleghany as well as any events that we will attend.



MEET ALEX

Alex Kissinger is our new EYFP Program Assistant for Ashe & Alleghany and is excited to be a part of the program. He is a native of Ashe County and is a recent graduate of North Carolina State University. Please contact him with any questions about the program, or to find out how to register!

Email: alex_kissinger@ncsu.edu

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Ashe County

Spring 2021

Ashe County's EYFP Program has come a long way since January. We have been connecting with community partners and marketing the program. In February and March, members of our Extension staff and community volunteers completed the training necessary to facilitate the EYFP curriculum. With this completed, we turned our sights to recruiting families for our Spring Cohort. Due to scheduling conflicts and the easing of COVID-19 restrictions, we moved the spring programming to the summer, but are excited to work with our first family. Our Program Team includes Alex Kissinger, EYFP PA; Amanda Butalla, Ashe FCS Agent; Caroline Goss, Ashe 4-H Agent; Dianne Eldreth, Ashe School Board; and Jeannie Berry, Peer Support Specialist with AppHealth.



The goal for this spring was to market the program as best as we could and connect with organizations who work in the healthcare, education, and wellness fields. We have been lucky to come in contact with groups such as Western Youth Network, The Watauga Compassionate Community Initiative, and AppHealthCare to name a few. We have been working with these groups to not only grow EYFP, but to also collaborate on efforts to promote health and wellness in our community.

Community is Our Superpower

A FEW OF OUR PARTNERS

WESTERN YOUTH NETWORK
APPHEALTHCARE
ASHE COUNTY SCHOOLS



Alleghany County

Spring 2021

The goal for Alleghany County's EYFP this spring was the same as Ashe County's. We have been marketing the program to organizations and community members to spread awareness about this new endeavor in Alleghany. The community has responded well to this program and we anticipate that EYFP will keep growing! Our instructional team also participated in the curriculum training in February to allow them to effectively deliver the program to participants. The instructional team consisted of Amy Lucas, our County Extension Director, and Carmen Long, our FCS Agent, alongside Alex Kissinger.



Our Program Assistant, Alex Kissinger, has been actively meeting with individuals from the Alleghany Wellness Coalition as well as the Community Health Coordinator at Western Youth Network, Brittany Duncan. We have also worked with members of the Wellness Coalition to develop a task force focusing on issues youth in our area face. This endeavor is still in the developmental stages, but we are excited to see the positive impact that will come from this group.

Act as if what
you do makes
a difference.
IT DOES

WILLIAM JAMES

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