



Unit 8 - 2018-2019 Health: Social and Emotional Health

Reporting Period 2018 - 2019

Level Unit

Type Local

Status Finished

Program Areas 4H Youth Development

Unit Unit 8 (District)

Grand Challenges Health

Situation	<p>Social emotional well-being is essential to overall health. Positive mental health allows people to realize their full potential, cope with the stresses of life, work productively, and make meaningful contributions to their communities. Research shows many factors contribute to positive mental health including engagement with nature, practicing mindfulness techniques, etc.</p> <p>Through our internal civil rights compliance review, we identified seven communities for targeted outreach: Mendota, DePue, Streator, Spring Valley, LaSalle, Ottawa, and Marseilles. Mendota and DePue have a high percentage of Latino families. Extension will implement 4-H and SNAP-Ed programming in these communities. In September 2018, a part-time Extension Program Coordinator was hired for Bureau County to reach 1st Generation 4-H Latino Families through a grant supported by the State 4-H Office. The program is carried out in partnership with DePue School. The Unit's 4-H Youth Development programs provide opportunities for youth and families across the Unit's four county area: to become aware of careers and workforce opportunities; to obtain knowledge and skills relating to careers and workforce; to practice work through project activities; and through participation in workshops, SPIN club involvement and more. Each year the Unit's 4-H staff convene two meetings per year of the 4-H Expansion and Review Committee to review current programming and discuss future needs. In 2018, meetings were held on June 6, 2018, and September 13, 2018. In 2018, Unit 8 established an Education Center & Community Teaching Kitchen in LaSalle. This community-based SNAP-Ed grant pilot project is one of three sites in Illinois. Program focus areas include: prevention of obesity and chronic disease, food access, food safety and workforce preparedness. SNAP-Ed and Extension educational programs will be provided to both youth and adult audiences to address the focus areas. Interdisciplinary programming will be provided including 4-H and Master Gardener/Master Naturalist and Natural Resources. The Unit's Multi-County Unit Council reviews the Unit's programming and outreach efforts on an ongoing basis. The council meets 5 times per year to oversee and conduct Extension business.</p>
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Short-Term (Knowledge)	<ul style="list-style-type: none"> • Increase awareness of stress, coping, and anxiety related situations • Increase awareness of relationship challenges • Increase knowledge of coping strategies, emotional triggers, stress inducing situations, etc. • Increase knowledge of caregiving/social support strategies • Increase knowledge of how horticulture/nature relates to social/emotional wellbeing • Increase confidence in providing care giving/social support techniques • Increase confidence discussing emotional issues • Identify new opportunities for positive contributions that support mental health • Increase knowledge of how use of substances can negatively influence health
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Indicators	<i>Not Specified</i>
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Medium-Term (Behavior)	<ul style="list-style-type: none"> • Increase practice change to resolve relationship challenges • Increased action/behaviors that foster social connectedness • Increased behaviors for stress reduction (outdoor time, physical activity, meditation, journaling, gardening) • Increased practice of positive coping mechanisms • Decreased intent to use psychoactive substances to alter mood (without a doctor's prescription) • Increased practice of caregiving strategies/techniques • Increased social support • Increase implementation of therapeutic programs in community/organization • Increased implementing mindfulness or brain health breaks within organizations
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Indicators	<i>Not Specified</i>
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Long-Term (Change in Condition)	<ul style="list-style-type: none"> • Increased social/mental health well-being • Decrease incidence of anxiety • Decrease sick days • Increased family resiliency
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Indicators	<i>Not Specified</i>
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Public Value	<i>Not Specified</i>
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Outputs	<p>Activities:</p> <ul style="list-style-type: none"> • Social Emotional Learning Programs • National 4-H Health Rocks • 4-H Club Projects <p>Participation:</p> <ul style="list-style-type: none"> • Youth • Parents • Teachers • Youth Leaders • Teen Teachers • Master Gardeners/Master Naturalist • Health Care Providers • Schools (Hall High School/Spring Valley, JFK Elementary/Spring Valley, Henry-Senachwine School District, Henry) • Libraries • Afterschool Programs (Bureau County 21st Century Grant Programs: Neponset, Buda, Ohio, Lamoille. Bethal Luthern Church, Ottawa and Extension Education Center & Community Teaching Kitchen, LaSalle) • Parks and Recreation • Youth Serving Organizations
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Created By	 Jill Guynn
Last Modified By	 Jill Guynn
Created	11/06/2018 2:25 p.m.
Modified	11/16/2018 4:18 p.m.
PEARS Action Plan ID ()	10558

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