

Youth Services Network Agenda  
Monday November 13, 2023 9:15am  
Cornell Cooperative Extension Association of Jefferson County  
West Room

AGENDA

- 1) Introductions were made.
- 2) Review September 11, 2023 notes – no changes were suggested.
- 3) Program presentation

North Country Prenatal Perinatal Council – Kassaundra Paddock presented for NCPPC. We strive to provide support and resources that will empower every member of the community to improve health and wellbeing. Perinatal and Infant Health collaborative provides education and outreach on a variety of topics. Community Health Worker program provides free home visiting services to promote overall health and wellness. They link individuals with health care providers, social services, and community resources. Can provide weight checks in the home to help track growth and certified car seat technicians are available to ensure car seats are properly installed. Certified lactation counselors are dedicated to ensuring breast feeding is an option for families. Healthy Families helps parents bring out the best in themselves by tapping into the skills they already have. First trimester and up to the age of 5 can be served. This is a home visiting program model. Family Opportunity Center are in Watertown and Gouverneur. Offers a healthy, warm, welcoming, and family oriented space. The center encourages parents to drop in for companionship, peer discussion and positive social supports are also provided. The Health Insurance program has health insurance navigators and helps families apply for health insurance through the New York State of Health Marketplace. Also help to identify providers who take the health insurance chosen. Community Health Advocates help to verify coverage and explain how it works, find a primary provider or specialist to provide medical care and help sort through billing issues. Can help with a premium or spend down, cost sharing, cost for non-covered care. Programs partner with 15 school districts, health services, and a range of community organizations. The CAPP program focuses on pregnancy prevention and the promotion of sexual health among adolescents ages 10 to 21. Through this program sexual health educators are available to meet with adolescents. Making Proud Choices is 8 modules designed for middle-school students and improves knowledge of HIV transmission and prevention, problem solving, negotiation, communication, and refusal skills are taught. Other topics taught include – healthy relationships, reproductive anatomy, puberty, consent, communication skills, gender and sexual identify, online safety, body image and more. NCPPC also provides community education and professional development – youth mental health first aid, adult mental health first aid, trauma informed care and adverse childhood experiences, sexual

health, safe zone, health literacy, diversity, equity and inclusion and HOPE – Healthy Outcomes from Positive Experiences. NCPPC does serve the tri-county area with most programs. All programs are free and voluntary.

#### 4) Program Updates

CCE Parenting program received a grant to help cover the cost of parenting classes.

CCE New York State Parenting Education Program – is brand new. The focus is to provide professional development to parenting educators and lead the parenting educator credential process. It is a statewide project.

CHJC foster parent program will have 5 graduates to start 5 new homes. Our goal by end of the year was to open 10 new homes by end of year. SoZo Teen Center on the 16<sup>th</sup> is hosting a Thanksgiving Dinner for families of youth 7<sup>th</sup> – 12<sup>th</sup> graders. Fun activities will be offered as well. Sometime in December we are partnering with the United Way. We will have an Open House for all service providers in the Marcy Building.

Community Schools website is finally done, but things are still being added. Developing an interactive calendar that is coming soon.

Encompass – Running program starts this weekend at IR, registration is still open. Partnering with NCPPC for a sensory movie in Lowville on 12/9. 12/23 and 12/30 soccer at the YMCA. Starting an Art Club in January with an art show at the end. Sound program with music lessons. Every Monday at Thousand Island for swimming. Monthly dance class with Rhonda Foote with dance show in May. Five lego clubs that meet monthly at local libraries. Sensory make and take, one tonight at East Hounsfield library. 1/20/24 Copenhagen basketball.

CAPC Early Childhood – HeadStart is fully enrolled and staffed.

Planned Parenthood - Peer education program – 13-24 years of age are trained and educate their peers in the schools – pregnancy prevention education. Partnered with several agencies formed the Jefferson County Hygiene Collection – trying to offer hygiene products/supplies. They come in the form of a closet (which is a bin). Open to all Jefferson County schools. Planned Parenthood has expanded to all six counties they serve. Did a Trunk or Treat for the community and collected about 1,000 hygiene products and storing at the Children's Home. 12/9 Vintage Santa Claus for picture taking in the Paddock Arcade, free of charge, hygiene products can be donated. Event is free. Others are welcome to join, and several organizations are already involved. Menstrual, laundry soap and diapers are much needed. Big push for ethnic products.

My Brother's Keeper focus is black male students attending Watertown City School District. Betsy is trying to put together a parent group and could use help with referrals. 12/16/23 Bianca Ellis is putting on a Kwanzaa Celebration.

Youth Team Sports funding is available through the Jefferson County Youth Bureau, about \$30,000 is still available. Eligibility requirements were reviewed.

Access VR no updates, new contracts in January, more information then.

5) Next meeting dates and time – all start at 9:15am

January 8, 2024 Planned Parenthood and NYSEP for January.

Reach out to the YMCA to hold our meeting at the new facility on March 11, 2024 and see if we can be provided with a tour.

North Country Library System and Flower Memorial Library for May. Possibly the FACE Center – Emily Worden and Alisa O'Hagan.

January 8, 2024

March 11, 2024

May 13, 2024

September 9, 2024

November 4, 2024

Respectfully submitted,  
Stephanie Graf