

**LowCountry Alliance for Healthy Youth
Community Board Meeting Minutes
December 18, 2023
Live Bluffton High School Media Center and Via Zoom**

Meeting called to order by Wendy Cummings, Chair

Approval of Minutes: November 2023 meeting minutes were approved.

Attendance: Wendy Cummings, Chair (Schools/THY Cross Co-Advisor), David Martin (Business/Piggly Wiggly), Erin Pawlak (Health Professional/Behavioral Wellness Group, Dr. Loretta Novince, (LCAHY Consultant/DFC Grant Principal Investigator) Sgt. Washington (Law Enforcement/SRO Sheriff's Office), Cheryl Rodriguez (Parent Sector), Claudia Llambias (Schools/THY May River HS Co-Advisor), Dr. Ronda Stevens (Health Professional/Seaside Health Care), Ben Vaught (THY Bluffton HS Co-President), Amber Van Horn (THY Bluffton HS Co-President), Belle Carbone (THY Cross Schools Member) Staff: Laura Pirkey (DFC Grant Program Director and Youth Coalition Coordinator), Kathy Brookshire (DFC Grant Program Coordinator)

DFC SUPPORT PROGRAM GRAN UPDATES/REQUIREMENT

Dr. Novince announced that the DFC Grant Support Program celebrated twenty-five years of grant awards to over 2,200 communities. In 2022, 67 million Americans, 2.6 million middle school aged youth, and 3.5 million high school aged youth lived in a community served by a DFC Coalition. 67% of DFC Coalitions reported hosting a youth coalition. Survey requirements were also reported. See link to the PPT. [Dec. 18. 2023 Board PPT. DFC update.pptx](#)

12-MONTH ACTION PLAN UPDATES/AD-HOC COMMITTEE ASSIGNMENTS

Teens for Healthy Youth

Laura Pirkey, THY Coordinator, gave the following reports:

THY Induction: On November 29th, 2023, LowCountry Alliance for Healthy Youth held an induction ceremony for the youth coalition, Teens for Healthy Youth, at Hilton Head Island Seahawk Cultural Center. About 60 Teens for Healthy Youth members and their advisors attended as well as parents. Dr. Novince provided an introduction to the coalition and welcomed the attendees. THY members presented their initiatives and projects via a Power Point presentation. Jillian Campanella, LCAHY's Youth Sector CIA, recognized the efforts and applauded the youth for their contributions. Ethan Barrera, former THY member at Bluffton High and recipient of LCAHY's 2023 Outstanding Senior Service Award, encouraged students to work towards the service award opportunity. Cheryl Rodriguez, LCAHY's CIA for the Parent Sector, reached out to parents to encourage them to get involved with LCAHY and take the THY Parent Interest Survey. She also commended the youth for their work and the importance of their efforts in their school and communities.

Bluffton Christmas Parade: Teens for Healthy Youth from Bluffton High, May River High, and Hilton Head Christian Academy participated in the Bluffton Parade. About 2,000 pieces of candy attached to THY's 3D (Drunk, Drugged, Distracted Driving) Holiday message. At the Bluffton Christmas parade, people were applauding THY'S mission visible on THY's banner.

THY Project Stipends: Laura announced that she sent a reminder to THY Advisors to encourage them to spend \$200 each semester to support THY Projects that promote positive teen health.

Exam Stress: THY is focusing on reducing stress due to final exams. The student and teacher stress fact cards were shared with the advisors.

THY Bluffton H.S.: Ben Vaught, Bluffton THY Co-President, reported that they are working on a holiday project, the Angel Tree Project, in collaboration with the school social worker. Wendy Cummings asked Ben to explain the project. Ben responding by saying that the social worker identifies children in need at our school, whose families could not afford much for Christmas. THY Bluffton purchased hygiene items, candy, and small items for their holiday stocking. He also stated that they took one anonymous teenage boy's wish list and purchased items the youth needed such as a jacket, sweatpants, and school shirt.

THY Cross Schools: Belle Carbone, a Cross THY member announced that during exam week, they initiated Paws on Stress. Dogs came to the carpool to greet students. THY passed out THY's Stress Fact cards with tips on how to handle stress.

THY May River H.S.: Claudia Llambias, THY co-Advisor May River High School, reported that May River THY has been trying to do as much as they can; however, it has been a challenge to do during May River spirit week. She then asked what the process was to get the \$200 for projects? They wanted to purchase candy canes. Laura Pirkey responded that she communicated with Tiffanie Elrod, Co-Advisor May River High, about project money noting we cannot buy food with the DFC grant funds. Wendy Cummings mentioned that some of the other schools have students donate candy canes and that way students can also get service hours and have candy for THY projects.

THY Fundraiser: Laura Pirkey noted that THY Advisors were given two opportunities for THY members to help with fundraiser including work at the HH Marathon on Feb. 10th, 2023, from 6 AM- 2 PM for Venture Endurance. The sign-up link was sent out. THY Advisors and THY members can split shifts. Wendy Cummings raised concerns about splitting shifts. Laura Pirkey will follow up with Stephanie from Venture Endurance to see what works best. Laura also noted that the other fundraising opportunity is Bagging for Bucks at David Martin's Piggly Wiggly Grocery store in Hilton Head Coligny Plaza on Sunday April 21st, 2024, from 9 AM to 1 PM. A sign-up sheet was sent out.

“We ID the LCAHY Way” Training

David Martin reported that the “We ID the LCAHY Way” training was conducted by Galen for employees at the Island Rec. Center. Dr. Novince gave a brief introduction on behalf of LCAHY. Following his presentation, the Board discussed the use of the scanners at festivals, including inquiring about the cost of purchasing scan machines. Wendy suggested scanners could be used to check IDs after which a wrist band would be given. Sgt. Washington also provided input, saying the Sheriff's office has had challenges staffing festivals due to shortage of law enforcement.

Capacity Building/Community Outreach:

Ben Vaught, Bluffton H.S. THY Co- President reported that he and Dr. Novince presented a twenty-minute PowerPoint given to approximately sixty Bluffton Rotary members on the work of LCAHY and THY. Members were very interested in the “We ID the LCAHY Way” training since they coordinate several major festivals in Bluffton, including May Fest. Wendy asked if we inquired if any member was interested in serving on the Civic Sector of the Community Board. Dr. Novince and Laura Pirkey both responded saying that they conducted a zoom call with Cara Vercellona, a Rotary member, who was interested in learning about LCAHY and THY. She attended a Board meeting in the fall and asked if Dr. Novince would present to the Rotary. Laura reported that she is interested in serving on the Board; however, she was not available to attend the December meeting. Wendy stated that Joy was working on a presentation that Board members could present to organizations. Dr. Novince also noted that the incoming president expressed an interest in having his granddaughter, a freshman at Bluffton HS introduced to membership in Bluffton THY.

Other DFC 12 Month Action Plan Updates

Providing Information

Dr. Novince stressed the importance of sharing the LCAHY E-News and highlighted the following December E-News.

1. National Communicate with your Kids Day,

See link. <https://mailchi.mp/2e8989217fff/national-communicate-with-your-kids-day> USCB intern, Jaci Coleman created the E-News and a fact card for parents and caregivers, Talk early & Often to Your Children About Their Health and Wellness. Jaci was interviewed by WHHI. **See interview.** <https://www.whhitv.com/clips/9GqEDP44pqU/> Dr. Novince also noted that WHHI reached out for an interview. when the E-News on Suicide was launched, and that she asked Erin Pawlak to be interviewed by WHHI.

2. Impaired/Distracted Driving Prevention Month,

See link. <https://mailchi.mp/d6dcb28cf21b/impaired-driving-prevention-month-16689435> Dr.

Novince stated that an E-News on impaired/distracted driving is annually sent around the holidays and has been in existence since the founding of the Coalition, noting the tragic alcohol related accident that occurred in 2011. It was additionally noted that a fact card, addressing impaired driving made by a former Bluffton THY President, is distributed at the Bluffton Christmas Parade by THY.

3. Supporting Children/Youth Mental Health and Wellness During the Holidays.

See link. <https://mailchi.mp/19b4719f0681/national-communicate-with-your-kids-day-16691259>

She noted that during the holidays for many this is a joyful period; however, for some it can be a stressful time evoking feelings of loss and grief. Dr. Novince then introduced Amber Van Horn, a summer intern and Bluffton THY Co-President, who spoke about the fact card she created regarding supporting teens/kids through grief, noting that she lost her mother during her freshman year. The card contains information that she collected through her internship over the summer, which also provided QR codes that display local therapists and resources. The fact card is also available in Spanish.

2023-2024 12 Month Action Plan: DFC Goal II, Prevent and Reduce Youth Substance Use.

Introduce/Review Activities (Using the 7 Strategies of Change) in the 12 Month Action Plan Targeting the Prevention/Reduction of Alcohol Use by Minors.

Prior to presenting the 2023-2024 12 Month Action Plan to Prevent/Reduce Youth Alcohol Use, Dr. Novince reviewed the DFC grant survey requirements and gave an overview of the Southern Beaufort County 2022 CTC Student Survey Alcohol Use Data (grades 7, 9, & 11) used by the Board when creating the 12-Month Action Plan. In summary, she reported the following trends: 30 day past use of alcohol and ease of obtaining alcohol increased as students transitioned from grade 7 to 11; risk of harm from binge drinking decreased as students transitioned from grade 7 to grade 11; peer disapproval of alcohol use decreased as students transitioned from grade 7 (88.7%) to grade 11 (67.7%); and reported parental disapproval decreased from grade 7 (94.3%) to grade 11 (90.4%). Dr. Novince also noted that when students were asked how they usually got the alcohol they drank, they reported accessing alcohol at a party or social gathering.

During the presentation of the 2023-2024 12 Month Action Plan to Prevent/Reduce Youth Alcohol Use, Dr. Novince encouraged input and edits, which are noted in red.

See link. [2023-2024 12 Month Action Plan.Youth Alcohol with edits.input from Dec. 18. 23 Board Meeting.docx](#)

V. New Business

Dr. Novince suggested that when the 2024-2025 Community Board meeting calendar is reviewed that consideration be given to combining the November/December meetings.

VI. In-Kind Documentation

Laura announced that the in-kind match for DFC grant year six was made. She encouraged everyone to continue to track their in-kind support and mentioned that she was exploring alternative ways for youth to track their hours. Dr. Novince noted that the DFC required in-kind match during year seven would increase to around \$156,000. She further stated that the LCAHY Fund at the CFL, consisting of May Day 5K and other donations, should also be considered as in-kind.

Next Meeting: Jan 27th on HHI.

February 26, 2024 -Bluffton High School Media Center
March 18, 2024 -Hilton Head High School Media Center 4
April 22, 2024- Bluffton High School Media Center
May 20, 2024- Hilton Head High School Media Center
June 17, 2024 -Bluffton High School Media Center
July 2024- no meeting

Amber Van Horn, Bluffton THY Co-President, drafted the minutes on behalf of Francine Norz Tobin, Recording Secretary