

Oneida Extension Educators and Staff made 1,372 Programming Contacts in the months of January, February, March, April, and May; with 506 Adult Contacts and 866 Youth Contacts.

2023 Cumulative Total: 1,372 Contacts

506 Adults and 866 Youth

January 2023

Positive Youth Development

Oneida County 4-H

Anne Williams, 4-H Educator

- The Northern Arts Council presented Oneida County 4-H with an Arts Grant. The event was designed to recognize the efforts of individuals and groups that offer art and cultural opportunities in northern Wisconsin. Williams provided support for a 4-H adult volunteer by attending the event and representing Oneida County 4-H.



Oneida County 4-H Educator, Anne Williams, and Oneida County 4-H volunteer, Mary Puestow, were among a group of organizations/individuals awarded a grant from the Northern Arts Council. Oneida County 4-H will use this grant to support the 2023 Summer Youth Theater Program.

- The monthly Oneida County 4-H Club Meeting was held for youth in grades K-12 and their families. Youth leaders conducted the meeting where club members made decisions in partnership with caring adults and participated in a hands-on wildlife tracks activity. The goal of this effort was for youth to further develop leadership, communication, and teamwork skills; gain a sense of belonging, gain new interests, and foster positive youth/adult partnerships.



Oneida County 4-H volunteer Casey Rustan, right, watches as 4-H members investigate wildlife track patterns. Casey led a wildlife tracking program for youth participants as part of the January 4-H community club gathering.



4-H volunteer Casey Rustan, right, pours water into a bag of plaster held by 4-Her Clara to make a wildlife track mold. Casey led a program on wildlife tracking at the Oneida County 4-H gathering.

- Williams led an interactive 4-H youth leadership training for Oneida County 4-H youth in grades 3-8. The goal of this effort was for youth to develop and explore interests in a safe environment, develop supportive relationships with peers and caring adults, and to experience opportunities for leadership.



From left are Oneida County 4-H Community Club officers Clara (Treasurer/Reporter/Snack Helper), Amelia (Secretary), Noell (Vice President/Recreation Leader), Quinn (President/Recreation Leader), and Elise (Pledge Leader). Not pictured is Katie (Snack Helper). The 4-H Club gathered on January 15, 2023.

Positive Youth Development

Sharon Krause, Community Youth Development Educator

- Krause prepared for the Positive Alternatives Conference for 6th graders. At the conference, students learned about area resources related to physical and mental health, restorative justice, outdoor recreation, and cultural activities. The goal of the conference is to offer positive, alternative, activities to underage substance use. Underage substance use is a significant issue in the following elementary schools: Minocqua J1, Lac du Flambeau, North Lakeland, Arbor Vitae-Woodruff, Phelps, and Northland Pines.
- Krause attended a meeting between members of Lakeland Union High School's - Raise Your Voice Club and Oneida County Community Health Specialist, Jennifer Chiamulera. During the meeting, attendees discussed the student's perspectives of mental health issues among youth. Youth who are aware and critically thinking about the topic will aid the department's efforts in preventing substance misuse and suicide attempts.

FoodWise

Allison Wilson, FoodWise Educator

- FoodWise Educator, Allison Wilson, spent time at Crescent Elementary School where she covered an array of topics with youth, such as, MyPlate, eating more fruits and vegetables, eating whole grains, why eating healthy is important, the nutrients we get from eating different food groups, importance of physical activity, nutrition labels and how to read them, and food safety. Youth represented in the groups were in grades 1st, 3rd, and 5th. The program ran for five weeks and reached a total of 173 youth.



February 2023

Positive Youth Development Oneida County 4-H

Anne Williams, 4-H Educator

- Planning sessions for the distribution of surveys to 4-H stakeholders and community-youth-based organizations are still ongoing. The goal of this effort is to determine the next steps for growing the 4-H Program in Oneida County.
- Planning for the 2023 Youth Summer Theater Program is ongoing. This program will provide Oneida County youth with an opportunity to explore an area of interest or “spark” in a safe, supported and welcoming environment and develop life skills. Involvement in the arts is linked to positive social and emotional outcomes for young people.
- Planning for the 2023 regional 4-H summer camp is also ongoing. 4-H camp will provide an opportunity for youth to explore their sparks (interests) while developing a strong sense of belonging in the 4-H program and strong relationships with caring adults and teen leaders.
- Williams coordinated an opportunity for 4-H club members to visit the Northwoods Star Journal. Club members met with the editor, received information about the media industry in northern Wisconsin, and participated in an interviewing activity. The goal of this effort was for youth to be able to explore an area of interest and career options, learn how to submit information to a local media source, and make a connection to a local professional.



Members of the Northwoods Explorers 4-H Club participated in a hands-on learning opportunity by meeting with the editor of the Northwoods Star Journal in Rhinelander on February 21, 2023.



Members of the Northwoods Explorer 4-H Club in Oneida County met in February to make a tie blanket, which was donated to a local community collection site. 4-H parent volunteers led this effort.

- The Northwoods Explorers 4-H Club gathered in February where members crafted tie blankets; they were donated to a local collection site, where they were given to those in need within the community. This gathering created an important opportunity for members to learn about homelessness. The goal of this effort was for youth to develop strong and supportive partnership with adult volunteers in a safe, supported, and welcoming environment, and to be actively engaged in making a positive contribution to their community.
- Williams provided leadership and support to a gathering of the Northwoods Explorers 4-H Club, where each of the business, education, and education portions of the gathering were led by youth. The goal of this effort was to provide an opportunity for youth to explore their sparks (interests), gain a strong sense of belonging in the 4-H

program, strengthen their relationships between members, youth leaders, and with caring adults, and develop leadership and communication skills.

- Youth leaders in the Northwoods Explorers 4-H Club participated in a workshop where they engaged in hands-on activities and discussions about SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals and set goals for their 4-H club charter. The goal of this effort was for youth to gain a sense of belonging in their club, develop skills in leadership, communication, and contribution to group effort, as well as continue to build strong and supportive partnerships with each other, and caring adults.

Positive Youth Development

Sharon Krause, Community Youth Development Educator

- Krause is recruiting Rhinelander High School students for an Anti-Cyberbullying Initiative, where youth will receive training from Children's Wisconsin to educate the student body about cyberbullying and the negative impact it can have on all involved, especially youth who are struggling with mental health issues. Students will learn the steps to take if they are cyberbullied, what bystanders can do to help, and positive ways to use social media.
- An educational field trip was planned and led by Krause to Oneida County Circuit Court, where Teen Court panelists from Lakeland Union High School met with sitting judge Mary Burns who gave them an overview of her current work, shared her career journey, and encouraged students to pursue careers in law. The students then attended adult intake sessions to observe the judicial process of offenders entering pleas.



Lakeland Union High School Teen Court panelists meet with Judge Mary Burns in her chambers to learn about the justice system and careers in law. Judge Burns actively recruited the students to pursue law careers in order to serve their local communities, where there is a shortage of lawyers.



Oneida County Teen Court panelists observed adults entering initial pleas from the jury box in Judge Mary Burns' courtroom on February 20, 2023.



Teen Court panelists from Lakeland High School met with Judge Mary Burns on February 20, 2023 to discuss careers in law, tour the courthouse, and observe adults entering initial pleas. While in the courtroom, Judge Burns demonstrated the computer programs used during trials.



Oneida County Circuit Court Judge Mary Burns presented pins to Teen Court panelists from Lakeland Union High School, thanking them for their service. The students volunteer their time to hear cases of first time offenders, and assist educational sanctions to help youth make better decisions in the future.

March 2023

Positive Youth Development Oneida County 4-H

Anne Williams, 4-H Educator

- A workshop was held for youth leaders in the Northwoods Explorers 4-H Club, where they engaged in hands-on activities and discussions about leadership and body language. The goal of this effort was for youth to gain an understanding of how their stance, facial expressions, gestures, head position, and tone of voice can affect their influence over others as youth leaders.
- A 4-H camp counselor training for youth in grades 8-12 in Oneida, Price, Taylor, and Langlade counties took place. The goal of this effort was to provide team building and leadership development (designed to build a strong sense of belonging, while supporting the development of meaningful relationships with teen counselors) and to ensure quality counselor training in accordance with state regulations.



Left: Oneida County 4-H member Louis, second from left, participates in 4-H Camp Counselor training, which was held in March for teen counselors from Oneida, Price, Taylor, and Langlade counties.

Middle: Members of the Northwoods Explorers 4-H Club met in March to make a blanket to be donated to those in need in their community.

Right: A 4-H member gives her first-ever demonstration (painting techniques) during the March club gathering.

Positive Youth Development

Sharon Krause, Community Youth Development Educator

- An effort to reduce stigma regarding mental illness, where Raise Your Voice Club members from Rhinelander High School made ribbons representing support for people who suffer from mental illness and distributed them to other students on campus.



Members of Rhinelander High School's Raise Your Voice Club made ribbons in support of people who cope with mental illness, then handed them out during lunch periods.

- Students from Oneida County Teen Court, Rhinelander High School Raise Your Voice Club, and Lakeland Union High School Raise Your Voice Club participated in Action on the Square, an effort by the Wisconsin chapter of the National Alliance for Mental Illness to lobby legislators to increase funding for mental illness. The students met with staff from our local legislative offices and shared first-person stories about current mental health issues in their schools, in order to persuade them to vote in favor of two specific lines in the governor's proposed budget.



"I'm very glad I went. It was great to meet other youth who are also interested in reducing stigma about mental illness and willing to make time to help others." ~Youth Participant

"It was a great experience. I learned a lot about gaps in services, not just where I live but statewide. I also found it wasn't as scary as I thought it would be to talk to elected officials. I plan to go again next year and think I'll be a better speaker next time." ~Youth Participant

FoodWise

Allison Wilson, FoodWise Educator

- FoodWise Educator, Allison Wilson, spent time at Northwoods Community Elementary School where she covered an array of topics with youth, such as, MyPlate, eating more fruits and vegetables, eating whole grains, why eating healthy is important, the nutrients we get from eating different food groups, importance of physical activity, nutrition labels and how to read them, and food safety. Youth represented in the groups were in grades 1st, 3rd, and 5th. The program ran for five weeks and reached a total of 42 youths.
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April 2023

Positive Youth Development

Oneida County 4-H

Anne Williams, 4-H Educator

- Ongoing support and leadership for the Oneida County 4-H Leaders' Association, where discussion was facilitated to allow for group decisions to be made on building teamwork, communication, and leadership skills for the Association's youth and adult members.
- Williams provided guidance and support for 4-H volunteers by helping them host the Oneida County 4-H Youth Creative Arts & Communication Expo. The goal of this effort was to provide youth in grades K-12 an environment to choose their own projects, explore new ideas, and develop their own interests and creativity; to develop growth in presentation and public speaking skills, and gain confidence in trying new ways of expression.
- An in-person volunteer training for adults seeking to become a certified Oneida County 4-H volunteer was held where participants would feel welcome, safe, and supported in their roles. Participants would have an opportunity to connect with each other, learn how to maintain a safe environment for members, and learn about UW-Extension, risk management, 4-H policy, and ways to work with youth. The goal is to support 4-H volunteers in building 4-H capacity and providing safe and positive educational opportunities for 4-H youth

Positive Youth Development

Sharon Krause, Community Youth Development Educator

- Raise Your Voice Club members are passionate about reducing stigma and advocating for positive changes in policies related to mental illness. Krause made arrangements for youth from Rhinelander and Lakeland Union High Schools to attend Nicolet College's Mental Health Simulation to learn about policies and procedures that first responders must follow while treating someone who was deemed to be suicidal. The students gained knowledge about voluntary v. involuntary commitment and gaps in services. The students participated in group discussions with area professionals about stigma and gaps in service. They also provided youth voice to debriefing sessions consisting of small groups of local professionals and college students.



Members of Oneida County Teen Court and Raise Your Voice clubs attended a mental health simulation at Nicolet. The simulation started with a person experiencing a mental health crisis and followed him throughout the evaluation process. The scenario started with first responders and law enforcement before going through several consultations in an emergency room. The simulation ended with the patient being involuntarily transported to a facility in Winnebago, the nearest place that had an available bed. This is a common scene in rural areas like ours where there are limited services.

FoodWise

Allison Wilson and Mary Stys, FoodWise Educators

- Educators visited the Rhinelander Area Food Pantry four times during the month of April, during periods of distribution, to support and guide community members on eating healthier. A simple chili recipe was prepared using ingredients that were readily available at the food pantry. Anyone was welcome to taste test the chili and then received the chili recipe with an ingredient list that they could take home with them. Other recipes and nutritional information was dispersed about the health benefits of using dried beans. Altogether, 60 food pantry patrons were reached and received education.
- Healthy Kids Day at the YMCA of the Northwoods had a wide reception of roughly 300 community member participants (including both youth and adults). FoodWise educators set up an interactive booth for youth to come and learn about fruits and vegetables, and why they are so important. The theme was "Play With Your Food". The Rhinelander Area Food Pantry donated the fruits and vegetables used during the interactive portion of making little critters.



HEALTHY KIDS DAY

APRIL 2023

Participation in Healthy Kids Day, an effort by the YMCA of the Northwoods to educate parents and young children about healthy living and local resources, where educators from FoodWise and Teen Court set up a booth to promote the consumption of healthy foods, QPR Suicide Prevention Training, and Raise Your Voice Club.

Dozens of families participated in *Play with Your Food*, an activity where children make critters with cut up fruit and vegetables. Many of the youth took recipe sheets home with them. In addition, Extension staff from Oneida County were able to network with personnel from other agencies, and discussed possible future collaborations.



MAY 2023

Positive Youth Development

Oneida County 4-H

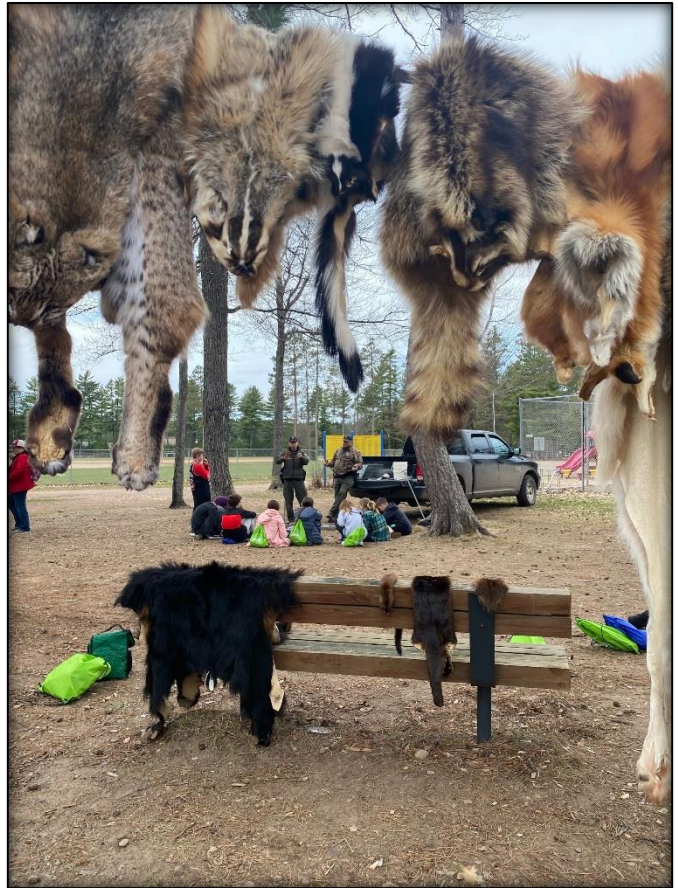
Anne Williams, 4-H Educator

- Williams and Krause spent time planning for the 2023 Youth Summer Theater Program and Youth Summer Art Program. These programs will provide Oneida County youth with a safe, inclusive environment to develop life skills, explore interests, and learn to feel welcomed.
- Williams guided youth leaders in leading a Northwoods Explorers 4-H Club gathering, which included activities designed for youth to get to know each other better, a hands-on science and engineering activity, and club business discussions. The goals of this effort were to create a safe, inclusive environment for youth to engage with each other, be challenged to pursue their own learning, practice leadership skills, and continue to build positive relationship with caring adults.
- Williams and Rehberg had a conversation with the OverIt! Skateboard youth leaders, along with adult staff and volunteers from ArtStart, where youth leaders discussed and learned about Oneida County 4-H and UW-Extension Oneida County. The purpose of this effort is to increase awareness of the resources Oneida County Extension can offer to support OverIt!'s efforts and address its organizational needs, and to lift up youth voice and community youth engagement and leadership.

Positive Youth Development

Sharon Krause, Community Youth Development Educator

- Rhinelander High School's Raise Your Voice Club members participated in national Mental Health Awareness month by creating daily messages that were broadcast on campus. The goals were to reduce stigma, provide tips for mental wellness, and promote the club. The daily messages started with, "The Raise Your Voice Club wants you to know..." and as a result the club has gained 5 new members this month.
- Lakeland Union High School's Raise Your Voice Club participated in May's National Mental Health Awareness Month, by inviting local providers to set up displays in order to reduce stigma and raise awareness about local resources; the Oneida County Health Department informed students about the common link between mental illness and substance misuse, and New Horizons Counseling promoted its services and recruited student workers.
- A series of meetings with a current Oneida County Teen Court Panelist from Rural Virtual Academy and the RVA's Activities Director, in order to explore the possibility of recruiting more RVA students to serve as teen court panelists throughout the state. The student, Amelia Krajewski, would lead the effort.
- A meeting to discuss teaching Question, Persuade, Refer (QPR) to members of the OverIt skateboard group, where youth will learn how to help prevent suicides. Part of the group's mission is to reduce stigma about youth mental illness and increase access to local resources, instruction provide by Krause would likely be utilized in unconventional spaces, such as parks.
- Raise Your Voice Club members from Rhinelander High School collaborated on a letter to Senator Mary Felzkowski, where they urged her to vote in favor of more funding for youth mental health services in schools in order to address increased demand for services.
- A Positive Alternatives Conferences for all 6th graders in Vilas County, where students who will be classmates at Lakeland Union High School learned about healthy lifestyles in order to help prevent underage substance use. Sessions included team building, healthy relationships, outdoor education, Ojibwe dancing, a story about recovery, and an exhibit hall with more than a dozen organizations promoting positive activities (yoga, martial arts, nutrition, libraries, gardening, etc.).





TEEN COURT TESTIMONIAL

Parent Appreciation

Sharon,

I just wanted to send a quick thank you for everything you have done for Ella. We greatly appreciate the letter of recommendation that you took the time to write for her. I'm so proud of her and proud that she was accepted into The National Honor Society. I know she is going to do great things, she already has in her young life. She has large, ambitious goals and I truly think that you are helping her to achieve them. She is such a bright and beautiful young woman and I've always tried to let her know that. Sometimes it seems as though teens listen to outside voices more than they ever do their parents so I'm grateful she has such a positive influence in you. I know you all have helped her to gain her confidence and independence, I thank you for that. I appreciate all the time you spend with her...with all the kids.

You are Appreciated,
Barbara

FoodWise

Allison Wilson, FoodWise Educator

- Wilson participated in the Northwoods Food Insecurity Conference; connecting with community partners and collaborators to best address local food insecurity and find ways to work together to support those with the greatest needs.
- Cooking classes began at the Rhinelander Area Food Pantry; there is a 3-week class scheduled, with eight participants signed up for the first class. The class will cover nutrition topics in regards to older adults and what they need in their diets, the importance of eating a balanced diet, food portions, and how to make healthier food choices. The first class taught participants how to make vegetable wraps using produce from the food pantry.