



Oneida Extension Educators and Staff made 1,563 Programming Contacts in the months of May and June; with 543 Adult Contacts and 1,020 Youth Contacts.

2024 Cumulative Total: 3,291

Contacts 543 Adults and 1,020 Youth

May & June 2024

Positive Youth Development Oneida County 4-H

Anne Williams, 4-H Educator

- Coordinated an event where members of the Northwoods Explorers 4-H Club participated in Culver's "Scoops of Thanks Day" Event. 4-H members helped serve food to customers, cleaned tables and chairs, and bussed tables. The goal of this effort was to gain life skills (such as communication, cooperation and contributions to group effort) and to experience what the food service industry is like. 4-Hers showed gratitude to Culver's for donating proceeds of ice cream scoops sold on this day to Oneida County 4-H.



Members of the Northwoods Explorers 4-H Club volunteered to help deliver orders to customers, clean tables and chairs, and bus tables as part of Culver's "Scoops of Thanks Day" event held in May.



- Facilitated a training for a new 4-H volunteer using University and other high-quality educational resources. The new volunteer was trained on how to effectively work with youth and how to recognize/report child abuse and neglect. The 4-H Educator also shared the resources available to the new volunteer. Through this effort, the volunteer gained skills in teaching, leading effective meetings and developing communication skills, and how to provide youth with positive experiences in a safe and welcoming environment.
- A gathering of the Northwoods Explorers 4-H Club where youth led club business, recreation, and education. The goal of this effort was for youth to develop strong and supportive relationships with peers and caring adults in a safe, supported, and welcoming environment, and to be actively engaged in making group decisions while practicing life skills.



The Northwoods Explorers 4-H Club youth vice president introduces the club's guest speaker, Carrie Mikalauski. Mikalauski talked to club members about elder abuse awareness.

Positive Youth Development

Sharon Krause, Community Youth Development Educator

- Helped provide leadership for the Positive Alternatives Conference for 6th grade students, where students learned about positive activities and habits, mental health and addiction, healthy relationships, and building friendships. The purpose of the conference was to introduce students to local protective factors in order to prevent underage use of alcohol, drugs and tobacco, and to establish new relationships with future classmates, as most of the participating schools will merge into one high school. Educator led an outdoor survival workshop.
- Planned and facilitated a ceremony for Oneida County Teen Court panelists and their families, where Circuit Court Judge Michael Schiek handed out pins and certificates in order to thank students for their service, encourage them to stay involved, and provide content for recruiting more panelists. The judge also met with students afterwards to learn more about the program, how panelists determine sanctions, and to answer questions about the law.
- Distributed an Ojibwe "Spot It" Card Game created by Krause, where students and families increase their Ojibwe vocabulary in order to help preserve their language. Games are used in several different settings.



- Attended a presentation by nationally known speaker Kevin Hines at Lakeland Union High School, where he shared his story of mental illness and non-fatal suicide attempt, in order to reduce stigma about mental health and increase knowledge of how to help people experiencing suicidal thoughts.
- Facilitated a Suicide Prevention Training for high school students, where Raise Your Voice Club members at Lakeland Union and Rhinelander High Schools were trained in Question, Persuade, Refer (QPR) in order to lower the rate of suicides.
- Supported a youth-led request to Aspirus Health Care for funding for Raise Your Voice Clubs, where Aspirus is providing \$2,000 to both Rhinelander and Lakeland Union high schools in order to help the clubs raise awareness about youth mental health, reduce stigma about mental illness, and advocate on behalf of their peers.
- Participated in a series of meetings to develop a youth leadership training, where UW-Madison Extension Staff will lead a YMCA day camp in order to help area youth become aware of themselves as leaders, build confidence in their leadership skills, and make positive impacts in their community with service projects.
- Arranged for a live TV interview on WJFW, where Oneida County Teen Court panelists talked about the program in order to recruit more panelists and to educate the general public about restorative justice practices used during the process.
- Arranged for a live TV interview on WJFW's Up North program, where two members of Rhinelander High School's Raise Your Voice Club talked about their activities in order to increase membership and reduce stigma about mental health issues (website link to video highlighted in yellow below).



Oneida County Teen Court panelists Tony Barnett and Jady Wentland appeared on live TV as part of WJFW's Up North program on April 24, 2024.

Up North @ 4 Segment: Raise Your Voice Club

https://www.wjfw.com/up-north-4/video_62f0c33e-81e7-5085-98bb-5e8f4f22d28e.html



Oneida County Circuit Court Judge Michael Schiek addresses Teen Court panelists before recognizing them individually during a ceremony on May 15, 2024.



Interactive displays in the Positive Alternative 6th Grade Conference included one from the Health Department that focused on vaping. Students were asked, "Why do you think kids vape?" and, "What ingredients are in vapes?"

*"I WAS PART OF TEEN COURT SEVERAL YEARS AGO. I LOVED IT AND WANT TO WORK IN A FIELD THAT MAKES SIMILAR IMPACTS. IT WOULD HAVE BEEN NICE TO DO THIS WHEN I WAS HERE, THIS WAS VERY NICE. I'M GLAD MY SISTER WAS ABLE TO BE HERE, SHE REALLY ENJOYED BEING A PANELIST AS WELL."
-OLDER SISTER OF CURRENT PANELIST*



Kevin Hines, who survived a failed suicide attempt after jumping off the Golden Gate Bridge, gave a presentation to the student body at Lakeland Union High School on April 24, 2024.



Health and Well Being

Laurel Parins, Health and Well Being Educator

- Planning for a School Wellness Program for staff in collaboration with MHLT. The goal is to support staff in physical, mental, and nutritional wellbeing education and resources, so that they have the tools to feel physically and mentally well and therefore will be better able serve the students.
- Organized and led a low-impact exercise class for older adults, where a number of seated and standing strength exercises, yoga poses, and mobility exercises were completed in order to improve strength, range of motion, flexibility, and to help reduce the risk of injury.
- Led a workshop at the Positive Alternatives Conference for 6th grade students, where students learned about positive activities and habits, mental health and addiction, healthy relationships, and building friendships. The purpose of the conference was to introduce students to local protective factors in order to prevent underage use of alcohol, drugs and tobacco, and to establish new relationships with future classmates, as most of the participating schools will merge into one high school.

Allison Wilson, FoodWise Educator

- Organized and taught nutrition lessons at NCES for students in grades 1st, 3rd, and 5th.
- Implemented a new StrongBodies Class at Rhine Haus low-income housing. Currently teaching 14 adults every Monday and Wednesday, with other residents showing continued interest. Included a weekly nutrition lesson along with the exercise program. The class has been a very positive experience for residents so far. After a few weeks of classes, participants are already noting improvements in their strength and balance. These classes also offer an additional mental and social benefit to participants.
- Collaborating with Nutrition Educator, Beth Meyer, in Langlade County to provide nutrition lessons to the Boys-N-Girls Club Teen Center in Antigo. Together, we teach a lesson once a week to participants at the Teen Center utilizing the "Around the Table" Curriculum which focuses on building healthy relationships with food.
- About to start the Hodag Food Wagon Program in partnership with the Rhinelander Area Food Pantry, Rhinelander District Library, and the YMCA. Bags of food will be distributed to any and all Oneida County children and youth. Distribution will take place on Thursdays from 4pm-6pm at the Rhinelander Library. During the distribution, Wilson will be working to introduce children and families to new healthy foods, sharing nutritious recipes, and providing nutrition education through engaging activities. Last summer 1,767 bags and 10,578 lbs. of food were distributed to families in July and August.



Left: Food bags ready for distribution at the Hodag Food Wagon.



Right: Grinding wheat with 3rd graders at NCES in May 2024.