



Be a Good Human

El Dorado County Youth Commission



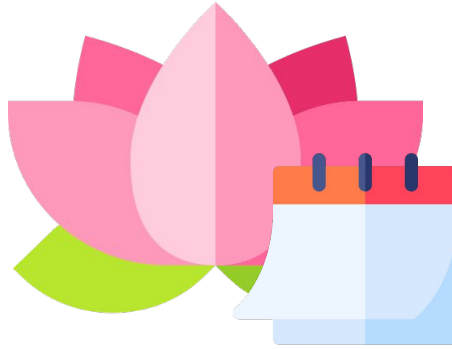
Welcome & Thank you

- Thank you, El Dorado County Office of Education & El Dorado County Board of Supervisors for your support.
- 2019/2020 proved to be a challenging school year.
- Promoting Wellness among El Dorado County students with significantly more focus among elementary and middle School youth.
- Create a survey to gather student input on awareness of the resources currently being provided and utilized

2019-2020



Website



Self-Wellness Week 2020



Wellness Resource Survey



Website

Website

ychealth.org

- ❖ Succession plan as Christian graduates
- ❖ Provide ideas of previous Self-Wellness Week activities and general county resources for mental health
- ❖ Provide a link to our survey
- ❖ Update Self-Wellness Week Info for 2020



**Reach Out. Connect.
Embrace Wellness.**

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Mental Health

It's wellness, not just illness.

Good health is as much about our mental, emotional and spiritual state as

This website offers resources and suggestions from helping to manage stress to abuse.



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Self-Wellness Week 2020

Be a Good Human



Self-Wellness Week:

What Worked Well in 2019

- ★ Simple, Clean Website Design
- ★ Proclamations
- ★ Games and Activities
- ★ Wristbands
- ★ Continue selecting books to distribute to elementary schools



Self-Wellness Week:

Our Motto for 2020 — Be A Good Human

Tentative Dates: **Nov. 30 to Dec. 4, 2020**

- ★ Focus greater efforts on elementary and middle schools
- ★ Continue to distribute wristbands
- ★ Provide more outreach to student leadership
- ★ Continue involving community sponsors

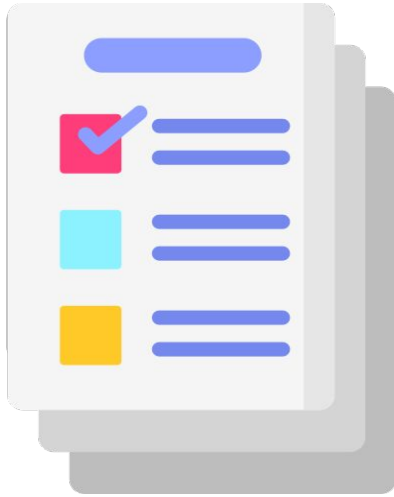


Wellness Week

Areas for Improvement:



- ★ Increasing student awareness and participation
 - Add [yhealth.org](https://www.yhealth.org) to Student ID cards
 - Announcements on “Wellness Wednesdays”
 - Utilizing Parent/Student Square
- ★ Elementary School
 - Themed days and Activities
 - Continue the use of books to spread messages
- ★ Middle /High School
 - Use connections with Staff Leaders on campus
 - Using Social Media
 - Lunch Activities with ASB /Leadership



Wellness Resource Survey



Why Conduct a Survey?

- ★ YC Review of CA Healthy Kids Survey
- ★ Availability vs. awareness of resources
- ★ Benefits of a survey made by and for youth
- ★ The influence of time and situational factors

Wellness Resource Survey

Survey Overview

- ★ Survey open from Self-Wellness Week 2020 – Feb. 28, 2021
- ★ Topics include: tobacco and vaping prevention, college and career readiness, mental health, and bullying and hate speech
- ★ Continuous monitoring of data from open to closing to make an effort to gain representation from all high schools in our area.



Looking Ahead

Closing

- We look forward to continuing Wellness Week to El Dorado County students in the coming years and use our experiences from previous years to continue to better it.
- We will collect and monitor survey data with the goal of obtaining solution-based data from all of the high schools in the county and bring that back next spring with insight to the gap between wellness resources being offered and what is being utilized, and work together to help bridge that gap.



Thank you.