



Youth Ambassador Program

NO JUDGMENT.
JUST HELP.
TEXT, CALL, CHAT
988

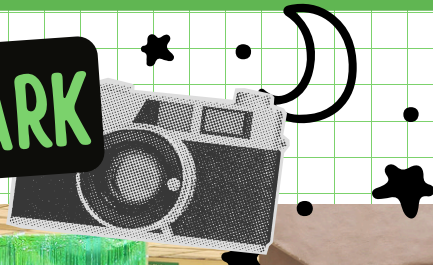
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WHAT IS YAP?

Beaver County's **Youth Ambassadors Program (YAP)** is a youth centered, youth driven program operating in Beaver County schools that promotes awareness of current issues that youth face today. Any youth who reside in Beaver County from 6th through 12th grade is eligible to participate by contacting their school counselor. At these countywide events youth learn about mental health, wellness activities, & available services throughout Beaver County. Youth Ambassadors are "change agents" who spread the information they learn to other youth, family members, and the community.

YAP AFTER DARK



Beaver Falls High School held a Youth Ambassador's YAP After Dark on Wednesday, October 16th. YAP After Dark was developed in 2017 by Angela Manno, Beaver Falls' High School Guidance Counselor. YAP After Dark has been held every year since its creation, except during COVID. This event is like a mini YAP event with resource tables, speakers, snacks, and a fun activity. This year, the Beaver Falls YAP group invited providers to talk about the work that they do and the resources available to them as youth. The keynote speaker from the Women's Center spoke about their resources and the importance of taking care of your mental health. They also led a fun activity with the youth in attendance. The goal of the activity was to make the strongest bridge they could out of tooth picks, marshmallows, and gumdrops. Then, they tested the strength of the bridges with toy cars. The youth in attendance had a blast and showed great team work throughout the activity. Thank you, Beaver Falls, for putting on such a great event for our youth! We can't wait to see the fun that will be had at next year's YAP After Dark.

IF YOU ARE A YOUTH INTERESTED IN BECOMING A YOUTH AMBASSADOR, PLEASE CONTACT YOUR SCHOOL SPONSOR/COUNSELOR.



FALL 2024 YAP IMPACTS:

BIG BENEFITS

- 41.3% OPPORTUNITY TO LEARN MORE
- 40.9% CHANCE TO HELP OTHERS
- 38.6% OPPORTUNITY TO GROW PERSONALLY
- 35.9% OPPORTUNITY TO CONNECT WITH FRIENDS
- 15% OTHER

FOLLOW US! @BEAVERCOUNTYAP




ATTENDANCE
BASED ON FALL 2024

417 HIGH SCHOOLERS
271 MIDDLE SCHOOLERS

122

FIRST-TIME YAP PARTICIPANTS

Wow!

“ SINCE BECOMING A YAP MEMBER, I HAVE AN INCREASED UNDERSTANDING OF MENTAL HEALTH ”

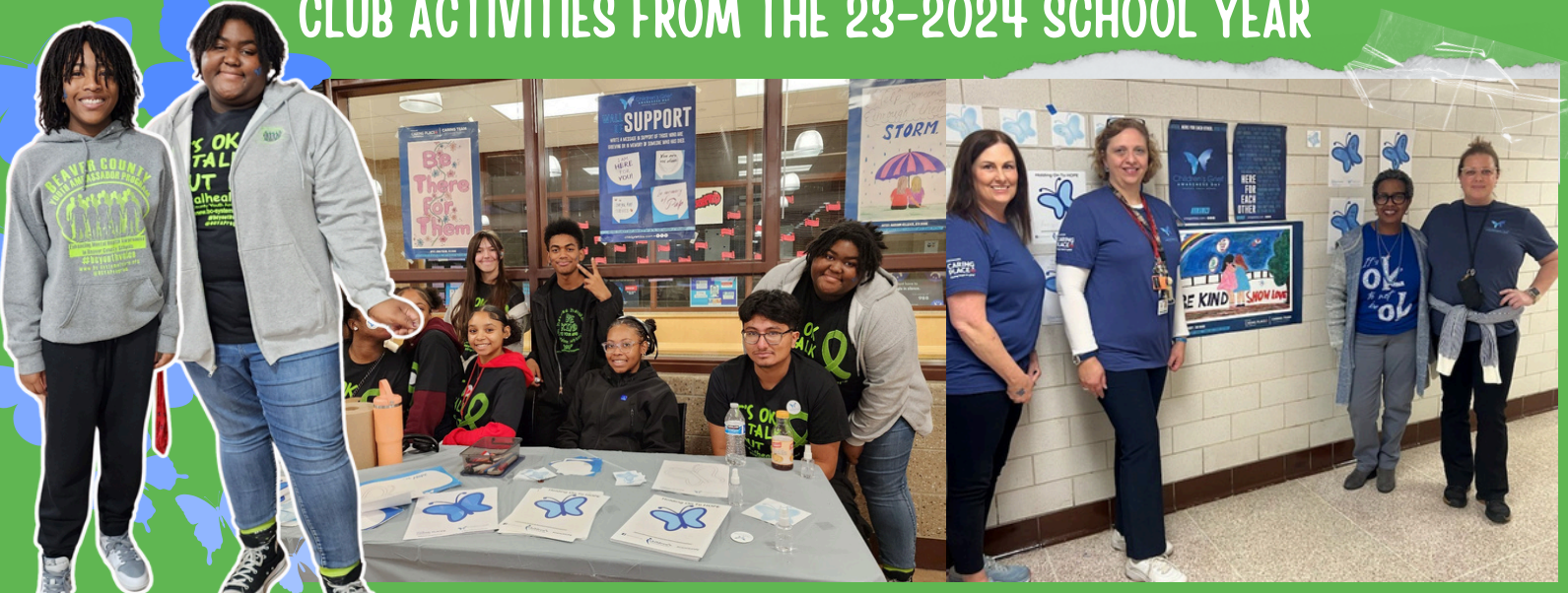
50.4% STRONGLY AGREE

PARTNER SPOTLIGHT: YAC



The Penn State ProWellness Youth Advisory Council (YAC) is a DOH funded initiative utilizing youth leaders from across the commonwealth dedicated to improving the amount of youth voice in PA healthcare, research, policies, and other youth-serving agencies. The YAC itself branches into three regions: western, central, and eastern, to meet monthly to discuss topics brought to the YAC by the aforementioned organizations. We have two wonderful young ladies in YAP who are part of this council, Cailey Ronosky & Lanie Fichtenmayer. The Western YAC has utilized its monthly meetings over the past year to work toward understanding and clarifying youth access to healthcare, specifically mental health care. YAC is currently in their research phase and hope to be able to further goals in the coming year.

CLUB ACTIVITIES FROM THE 23-2024 SCHOOL YEAR



STUFF YOU SHOULD KNOW:



T-SHIRT DESIGN COMPETITION

We had many great submissions this year and could not choose just one. Our NEW YAP t-shirt design will take a few design elements from each of the winners' submissions. Stay tuned for the reveal of the 2025 YAP t-shirt design!

The winners are...

- Abby from Midland
- Alexis from Midland
- Isa from Blackhawk
- Harmony from Freedom
- Sienna from Freedom



SCHOLARSHIP!!!

YAP will be awarding (2) \$500 scholarships to two graduating Youth Ambassador seniors who will be attending college or a vocational/technical school. These scholarships will be awarded based off participation in YAP and a short essay.

Interested? Reach out to your YAP sponsors to apply! The deadline for submitting the application is March 14th, 2025.

YAP MERCH STORE COMING SOON...

We are excited to announce that an online YAP store will be open soon! Stay tuned for more information about the opening!

MORE RESOURCES AND COMMUNITY EVENTS CAN BE FOUND ON THE BC SYSTEM OF CARE WEBSITE:



WWW.BC-SYSTEMOFCARE.ORG/YAP



BEAVER COUNTY SYSTEM OF CARE



WELLNESS TOOL KIT

Taking care of your mental health is important because it impacts many aspects of your life. Some days can be harder than others to take the time you need to focus on caring for your mental health. Even small acts of self-care can make a big difference. Your wellness toolkit is where you can look for ways to practice self-care and cope with the many stressors a young person faces.



FEATURE TOPIC: SELF CARE MONTH

The month of January is Self-Care month! It might seem dumb to have a month dedicated to showing yourself some kindness (since we should be doing this all year long), but it can be really easy to forget about loving ourselves when there is so much going on around us. Self-Care Month is about prioritizing your happiness and well-being. It is not selfish to show yourself kindness! By doing so, you'll build greater self-compassion and enhance your ability to care for others. Self-Care doesn't just happen, and it can be hard sometimes to know where to begin. It is not about "a new you" but about loving the person you are right now. If you are going to make a New Year's Resolution, make one of your goals to practice self-compassion everyday!

ARE YOU IN NEED OF SELF CARE?

Do you put everyone else first, at the expense of your own need?

Do you find yourself saying negative things about yourself?

Do you forget to celebrate yourself?

Do you constantly compare yourself to others and you worry about what other people think?

Do you feel like you can't be yourself around others?

Everyone has felt like this at some point! Practicing self-care can help strengthen your overall wellbeing!

WAYS TO PRACTICE SELF CARE:

Focus on hopeful thoughts: Write down one reason you love yourself each day for 30 days.

Practice self-acceptance: Recognize your worth and value exactly as you are.

Care for yourself: Do one small thing that brings you joy daily, like taking a walk or reading a book.

Celebrate small victories: Reward yourself for achieving goals and milestones.

Help is available. Consider talking to someone if you are feeling down. Having a network of caring people who value you and want you to value yourself can be beneficial to practicing self-compassion!

COPING SKILLS/ RESOURCES

CALMING TECHNIQUE

Take a moment to be mindful and name the following:

- 5 Things you can see
- 4 Things you can feel
- 3 Things you can hear
- 2 Things you can smell, and
- 1 Thing you can taste

Repeat as needed!



PROGRESSIVE MUSCLE RELAXATION

This is a simple relaxation technique designed specifically to alleviate stress and anxiety.

Clench your toes for a count of 5, then relax them for a count of 5, then move to your calves, then your thighs, then your abs, then your arms, then your neck.



CALMING SENSORY OBJECTS

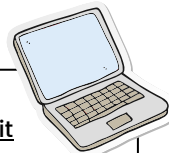
Try to engage one or all of your senses during upsetting moments.

- Lotion, or other scented objects
- Soft blankets or pillows
- Calming music
- A pen to click
- Candies, mints, lozenges, gum
- A warm beverage



HELPFUL LINKS:

<https://www.thetrevorproject.org/>
<https://www.nih.gov/health-information/emotional-wellness-toolkit>
<https://www.mhanational.org/building-your-coping-toolbox>
<https://www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults/Youth-and-Young-Adult-Resources/>
<https://www.randomactsofkindness.org/>
<https://www.nimh.nih.gov/get-involved/digital-shareables/mental-health-resources-for-students-and-educators>



IF YOU NEED HELP WITH YOUR YAP ACTIVITIES, BE SURE TO CONTACT MS. SUSAN!