

## **Meeting Notes: SWWA REGIONAL FYSPRT Meeting**

**Date & Time:** November 18, 2024, 11:56 PM

### **Meeting Overview:**

#### **Key Themes:**

- Importance of setting boundaries during the holiday season
- Strategies for coping with family and social obligations
- Recognition of stress and emotional challenges associated with holiday gatherings

#### **Specific Comments:**

- Michelle Karnath noted a tough holiday season due to a recent loss
- Dona shared experiences of setting boundaries to manage family gatherings
- Participants emphasized shifting from family to friends for safer emotional experiences
- Ann mentioned going on a trip and utilizing physical therapy in preparation

#### **Presentations:**

- Britnee Harvey on the Dove Self Esteem Project:
  - Focused on building youth confidence
  - Highlighted the negative impacts of low body confidence and self-esteem

#### **Next Steps:**

- Follow-up on the Dove Self Esteem Project resources
- Continue sharing strategies and support for boundary-setting and self-care during holidays

#### **Meeting Etiquette:**

- Emphasized respectful communication and safe space for sharing experiences and insights

#### **Closing Remarks:**

- Encouragement for participants to reflect on self-esteem and body image impact on youth in their work settings

**Presenter:** Britnee Harvey, Dove Self-Esteem Project Cadre Trainer

#### **Key Topics Covered:**

- Importance of physical health and combating isolation in youth
- Overview of the Dove Self-Esteem Project
- Resources for educators:
  - "Confident Me" program

- Extensions and new programs: "My Hair, My Crown", "Proud to Be Me"

**Future Actions:**

- Participants to fill out a form for resources and feedback
- Follow-up for eligibility of incentives

**Q&A:**

- Questions on implementation and community organization connections

**Event:**

- Clark County prayer breakfast featuring an astronaut and sponsors

**Discussion:**

- Previous events with evening speakers and resources
- Ideas for community service projects, including food drive bins for at-risk families
- Discussion of River City Church involvement in outreach and service projects

**Action Items:**

- Michelle Karnath to contact River City Church for upcoming events support
- Consider ongoing service projects with community partners

**Upcoming Meetings:**

- December 2nd: Virtual advocacy and empowerment meeting
- December 12th: Statewide festival meeting
- December 16th: In-person regional FYSP meeting at River City Church

**Trivia Activity:**

- Ten questions about fall, equinox, poets, and Halloween
- Participants engaged and shared scores

**Closing:**

- Encouragement for participants to complete an evaluation and plan for holiday activities.