

# Making a Difference

## Life Skills – Lubbock County 2018-2019

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### Relevance

Every two years, the CDC collects data from youth about their behaviors and experiences using the Youth Risk Behavior Survey (YRBS) through educational agencies across the U.S. YRBS results are often used to identify target areas for youth programming. The most recent data collected in 2017, identified four main areas for youth prevention efforts: sexual behavior, high-risk substance use, violence and victimization, and mental health and suicide. Each area is a concern for public health and related outcomes. Two protective factors that have been identified for positive youth outcomes include school connectedness and family engagement.

### Response

Each time that the TCFF is conducted, relevant issues are identified by stakeholders. Sometimes, they are identified once and other times, they are topics that take long-term approaches. The Urban Youth Program Advisory Committee identified and has been working toward responding to issues identified by the 2019 TCFF.

A new curriculum with independent modules is being developed to address a wide array of life skills, including reproductive health and sexual responsibility, healthy relationships, emotional intelligence and coping, substance use, and job skills. The remainder of the document will present program area information, highlights, and when available, results for programming.

### Programs

#### ***Substance Use Prevention***

To address substance use prevention and the vape trend, Nancy presented a modified version of the Stanford Medical School Tobacco Prevention Toolkit. During the 5-week series, smokeless tobacco, cigarettes, vape, media marketing, addiction and the brain, and a community service project for cancer patients were completed.



#### ***Healthy Relationships***

Healthy relationships and communication skills were presented and practiced with youth preparing to transition out of foster care during Preparation for Adult Living (PAL) classes across the area in partnership with Buckner FYi, and Child Protective Services (CPS). Healthy relationships, consent, online safety, communication skills, and reproductive health were also discussed at the *Growing Up Healthy* event in May 2019. This free event for families was held at the Guadalupe-Parkway Somerville Center and included a health fair.

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**Job Skills**

Job skills were identified by the Urban Youth PAC as a challenge for youth and young adults that could be addressed through education and training. Local legislators made the connection between Nancy and Reggie Dial, the Executive Director of the East Lubbock Resident Owned Business Initiative (EL ROBI). Together, they have been working to finalize the curriculum for trade programs including HVAC, plumbing, electrician, and new for 2020, welding, landscape and irrigation, and CDL. Nancy and Reggie are working together to not only expand the EL ROBI program but to build a youth program to draw interest in trades. Pictured below are Reggie and Nancy with members of the Lubbock Partnership Network after presenting about EL ROBI and EL ROBI youth at Dunbar Family Night.



Pictured: Kevin, Reggie, Cicely and Nancy.

**Mental Health**

To address emotional intelligence for suicide prevention and assist youth to develop coping strategies, Nancy partnered with Miss Megan of Miss Megan’s Make Room to pilot Art + Emotional Intelligence (Art+EI) for 8-weeks during the summer of 2019 at Guadalupe-Parkway Sommerville Community Centers with older elementary and middle school age children. The goal is to help students develop emotional awareness, positive self-talk, and coping skills. The students enrolled learned about various art techniques including block-out, lettering, self-portraits, silhouettes, shadowing, mark making, the emotions of color, watercolor, mixed media, Kintsugi, collage art, and art critique. Students will gain exposure to modern art through books used during class. Students will be taught to use the skills developed in art critique to identify positive and negative self-talk. Students will engage in discussions about emotions and using art as a coping skill and community development tool. Art+EI empowers both male and female youth to be informed and knowledgeable about their emotions and how to better express them.

