

Youth Resiliency Committee

Well-Being Through Awareness

A Sub-Committee of the Los Alamos Community Health Council

Our mission is to promote well-being for youth and their families by bringing awareness to issues, highlighting activities, and promoting resources in and around our community. **Our goal** is to focus on the needs of youth and their families.

We usually meet on the second Monday of every month. Our next meeting will be held on January 14th from 9:30 - 11:00 a.m. at the Los Alamos Teen Center.

All are welcome to attend.

To be added to a mailing list for our newsletter or to suggest additions, please call 505-663-2263 or email k.coblentz@laschools.net. Previous editions of the newsletter can be found [here](#).

We highlight collaborative projects, activities for youth and families, as well as community services and resources.

Does your family text at the table?

Or watch TV at dinner?

Get simple tips for curbing device use with #DeviceFreeDinner.



Check out Will Farrell as a phone-addicted Dad in these humorous ads by Common Sense Media at this [link](#).



Each New Year offers the chance to start fresh and develop new healthy habits. Here are the Top Suggestions from Thrive Global:

1. Move Your Body Every Day
2. Drink Enough Water
3. Get More Sleep
4. Track What You Eat
5. Read Food Labels
6. Cultivate Gratitude
7. Practice Mindfulness



Youth Risk and Resiliency Behavior Data

The YRRS is administered every other year in the public schools in grades 6-12. The information gleaned from the survey is used to plan strategies to build youth strengths and protective factors and reduce risk behaviors.

Data from the 2017 survey can be found at <http://youthrisk.org/>.



Image courtesy of www.lafsn.org

Community Resource Highlight

Family Strengths Network: New Group Forming!

Grandparents Raising Grandchildren

Statistics show that more than ever grandparents are the sole care providers for their grandchildren. The reasons behind raising a grandchild vary, but many of the challenges are the same. Join this kinship support group to connect with others who are navigating the unexpected journey of raising a grandchild and to learn about resources that can help you meet the challenges.

Although this group is geared to grandparents, any family that finds themselves in the world of kinship care is welcome to attend. Facilitated by Lori Padilla, a licensed therapist and a grandparent raising a grandchild.

2nd Monday of each month starting January 14
5:30 to 7:30 pm (Dinner and childcare provided at no cost)
RSVP by 9:00 am on the days the group is held for planning purposes. Register at this [link](#) or call 662-4515.

Tip of the Month

Try out these questions to start a discussion about setting intentions for the New Year:

- What memory, experience or new skill would you like to keep from this year?
- What are you ready to be done with?
- How would you like things to be different in the new year?
- What word or phrase best captures your hopes, dreams, and plans for 2019?
- How can we support each other in meeting these goals?

Recommended Episode

60 MINUTES:
Groundbreaking Study Examines Effect of Screen Time on Kids



"If you have kids and wonder if all that time they spend on their smartphones endlessly scrolling, snapping and texting is affecting their brains, you might want to put down your own phone and pay attention. The federal government, through the National Institutes of Health, has launched the most ambitious study of adolescent brain development ever attempted. In part, scientists are trying to understand what no one currently does: how all that screen time impacts the physical structure of your kids' brains, as well as their emotional development and mental health."

Watch the episode [here!](#)



#DeviceFreeDinner

A movement for happier,
healthier kids

Get your whole family on board with tips for a balanced digital life.

"We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day."

- Edith Lovejoy Pierce