

June Treasure Talk is Here!

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on behalf of

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Caregiving Youth Project Newsletter: The AACY Caregiving Youth Project (CYP) helps identify, recognize, educate, and support students who care for chronically ill, injured, elderly, or disabled family members. This allows Caregiving Youth to achieve success, have fun, and make new friends while promoting academic and personal growth.

| June Treasure Talk 2023!

No matter who we are or how old we are, we create ripples in our lives and in the lives of others.

You have seen a circle of ripples in water when you jump in or a rock is thrown in a lake - or any body of water. Imagine yourself as the center of a ripple of life.

Whatever you do, good or bad, impacts the lives of others positively or negatively.

This summer practice being a positive center of a ripple as a reflection of yourself and on behalf of others - we are all in this together!

| Activities Recap & Preview:

Greetings CYP Friends!

June kicked off with an awesome graduation celebration for our graduating seniors at Palm Beach State College, where you and your families enjoyed great food, music, 360 photo booth, a candy station, and more! There was a delicious dinner, keepsakes, and special Firestone awards.

The following week we had special visitors, Dr. Betsy Olson, and Leiha Edmonds from UNC Chapel Hill. In appreciation for you and your families who participated in the NSF research mapping project, your maps were on display along with a wonderful dinner party. Then we were excited to partner with two special programs for you – Healthier Boynton Beach under the leadership of Ricky Petty, that hosted a BBQ complete with music and

games. The other program was Manipura Care Network Summer Fellowship, that is providing unique art opportunities for you and other youth in our region. The art is multi-media from self-portraits to art in nature and galleries.

The month concluded with Summer Camp Treasure at FAU, complete with a high ropes challenge course, activities with football team players, and swimming that nearly 60 of you enjoyed! A highlight of the day was a program by GenSOS with Naim Cephas of Delray Beach, who shared his story of being a caregiver and overcoming a tough life from less than healthy choices he made.

If you want to see some pictures of you and your events, visit (and follow!) our Instagram [@caregivingyouthproject](#) and check out the [aacy.org](#) website.

Stay tuned for what's exciting next! Before we know it, it will be back to school time!

Thank you.

Andreana Holliman, BA

| Select Portraits of the 2023 Caregiving Youth Project High School Graduating Class. "Success is nothing if you don't have the right people to share it with." We are so honored to share our graduating seniors' success together. We are so proud of them.

| Summer activities are in full swing! It's so fun to be together and make memories!

| We support you:

It's no secret – caregiving can be a tough job. On the days when you're beyond stressed, you might feel completely alone. That couldn't be further from the truth. In the United States, over 5.4 million caregivers aged 18 and under are currently helping their loved ones. An army of people wants nothing but the best for you. We will feature videos every month of other kids who've told their stories in the US and around the world.

This month, we are featuring an opportunity for our High School students who might be aspiring journalists! If you would like to learn more about this program and the stories that High School students from all around the United States are posting - check this out! You could cover Caregiving Youth issues or any subject that interests you.

Thank you for all that you do for your family. Remember: You are never alone.

"Youthcast Media Group™ (YMG), formerly the Urban Health Media Project, teaches high school students across the country to report on health and social issues that are often overlooked in their communities. We understand that "healthiness" results from a variety of forces as described by the World Health Organization: "Healthiness is not the absence of

disease, but the mental, physical and spiritual well being of a person or community.”

Not a day goes by without a news report highlighting socioeconomic and racial disparities in health outcomes; the insidious impact of violence; the alarming rise in teen suicide; and the importance of health policy concerns within the American political debate. Our students’ multimedia reporting on these and other topics includes video, articles and photography produced under the guidance of a diverse and experienced group of journalists that include reporters and editors who work or have worked at media outlets including USA TODAY, the Baltimore Sun, Kaiser Health News, the Associated Press, Dateline: NBC, Discovery, the Wall St. Journal and the Washington Post.”

If you are interested in applying for this program, please talk to your family specialist and we can help connect you with and support you through the selective/competitive application process. Check out their [website here](#) or Instagram @ [YouthCast Instagram](#)

| A global first! Mapping Research Project:

A global first! We're excited to share that Dr. Betsy Olson and PhD candidate Leiha Edmonds of UNC Chapel Hill have been doing mapping research, a project of the National Science Foundation, with 48 of AACY's Caregiving Youth and their families.

This research is a global first, and we're grateful to Proclaim Church for allowing us to use their facilities in Lantana. We'll be sharing more updates as the research continues and analysis begins.

We're excited to be able to add to the scant body of knowledge about this amazing population of children who provide care for chronically ill and/or disabled family members.

Thank you to all of the caregiving youth and their families who participated in this study. Your stories are important and we are proud to amplify your voices.

| American Association of Caregiving Youth Day!

Our AACY team was present along with Dr. Connie, Tammy K Fields, Youth Services Director for the County, and Dr. James Green who heads the County's Community Services Division to accept a special proclamation recognizing the importance of Caregiving Youth!

988 Crisis Hotline

We at AACY believe that prioritizing mental health is a year-round endeavor. When you're having a difficult time, it's important to seek help. Thankfully,

Community Service Hours

A reminder: please submit your Community Service Hours for the work you do at home!

there is a new phone resource available no matter where you are in the US!: Just dial the **9-8-8** hotline.

This hotline is available 24 hours, 7 days a week, 365 days a year. Don't suffer in silence - get help and keep hope alive.

If you have any questions, need more information or help to complete the form, please contact your Family Specialist.

Crisis Text Line

Free 24x7 support at your fingertips.

crisistextline.org

Text **HOME** to **741741**

Need help identifying a pill? Poison possibility?

Mixed up meds? Found a loose pill?

Worried that a refill looks different? Suspect an overdose?

Call 1-800-222-1222

Contact poison.org - Free

Are there any VETERANS in your Family? Resources Available:

PBC has services that might be of assistance to your Family. [Learn more here](#)

Another resource is VeteranAid.org.

This organization offers details information on a Veteran's pension benefit called Aid and Attendance (A&A)

If a Veteran requires assisted living care in a community or at home, A&A gives the information they need to apply for this benefit for free. Senior Veterans and spouses use this benefit to help them afford quality home care. [Learn more here](#)

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www.aacy.org



Many Thanks to Our Partners:

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