



Council for  
Youth  
Development  
*Bartholomew County*

YOUTH MASTER PLAN

2023

PROGRESS REPORT



CYD Youth Ambassador  
at the Farmer's Market  
for Shine On

[www.cydbartholomew.org](http://www.cydbartholomew.org)



@cydbartholomew

# COUNCIL FOR YOUTH DEVELOPMENT

## MISSION

**COUNCIL FOR YOUTH DEVELOPMENT IS A CROSS-SECTOR COALITION THAT ALIGNS EFFORTS TO ADVANCE A CULTURE OF POSITIVE YOUTH DEVELOPMENT IN BARTHOLOMEW COUNTY.**



## VISION

**EVERY YOUNG PERSON IN BARTHOLOMEW COUNTY IS HEALTHY, SAFE, EDUCATED, ENGAGED, AND SUPPORTED.**

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## **2023: A YEAR OF EXPANSION**

2023 was a time of excitement and expansion for our organization.

# A LETTER FROM THE DIRECTOR



**Sara Dunlap**  
Council for Youth Development Director

"As I reflect on the past year, my first at Council for Youth Development, I am filled with immense gratitude. Our community's unwavering support and dedication to the vision and mission of CYD have enabled us to continue making a meaningful impact in the lives of youth and their families.

Our work also serves as a testament to the determination of our youth, staff and community partners. We will always strive to empower and uplift those we serve.

We are particularly proud to share a few highlights:

**Impactful Programming** - For the last several years, the need for mental health and well-being supports have increased. In 2023, CYD responded to this need by adding Adult Mental Health First Aid training to our professional development offerings. We are now able to provide Mental Health First Aid for all age groups. Mental First Aid Training was received by 99 teens, youth workers/caregivers, and adults!

**Community Engagement** - Through 14 community events and our prominent social media presence, we engaged more than 255,000 people. This reach helped us continue to raise awareness for the CYD mission. Thank you to each of you who assisted in spreading our message and reaching a wider audience.

**Partnerships and Collaborations** - Collaboration has always been at the heart of the coalition model, and 2023 was no exception. We added 14 new partnerships from our 5 coalition sectors: non-profit, education, health, government, and business. We also strengthened existing partnerships to maximize impact and reach. None of CYD's work would be possible without the support of our funders and community partners.

Looking ahead to 2024, CYD remains focused and determined to build on our achievements. We are excited for the opportunities that lie ahead and are confident that, with your continued support, we can create lasting change and a brighter future for the families of Bartholomew County.

With heartfelt gratitude,

Sara Dunlap



# ABOUT CYD

The Council for Youth Development (CYD) is a cross-sector coalition that aligns efforts to advance a culture of positive youth development in Bartholomew County.

We are comprised of over **150 motivated community partners** committed to improving the mental health and well-being of all children, youth, and families. CYD partner organizations represent a cradle-to-career continuum serving and advocating for county residents from birth to young adulthood.

Guided by our **Youth Master Plan, Five Pillars, and Seven Guiding Principles**, we believe we can address key concerns, tackle complex issues, and work together to create a Bartholomew County where every young person is healthy, safe, educated, engaged, and supported.

## FIVE PILLARS

### HEALTH



An integrated community that promotes holistic wellness where all thrive.

### SAFETY



An environment that provides protection from all forms of harm.

### ENGAGEMENT



A welcoming environment that empowers active participation and contribution toward growth of self and community.

### EDUCATION



High quality education that promotes success in school, career, and life.

### SUPPORT



A nurturing support network that builds personal assets and instills a sense of hope for the future.

## GUIDING PRINCIPLES

### FOR POSITIVE YOUTH DEVELOPMENT

The standards used to guide our decisions and the way we work together in the pursuit of building a holistic, asset-based, collaborative system where youth can thrive in Bartholomew County.

### YOUTH-CENTERED

"Treat me with respect and allow me to be heard"

### EQUITY-FOCUSED

"Support me with what I need to achieve my potential"

### COMMUNITY-ENGAGED

"Connect me with people and places in the community"

### PROACTIVELY-SUPPORTIVE

"Help me achieve my goals"

### ASSET-BASED

"Help me build on my strengths and encourage me to keep getting better"

### CULTURALLY-COMPETANT

"Show me that I belong and respect me for who I am"

### MEASURED-ACHIEVEMENT

"My life outcomes are improved"

Source: Bartholomew County Youth Services Guiding Team 2020

# 2023: A YEAR OF EXPANSION

**2023** was a time of excitement and expansion for our organization. Whether it be through our increased mental health initiatives, our updated slate of community outreach events, or the upscaling of our partnerships; we grew in so many ways. 2023 also brought some new faces to the CYD team.

Council for Youth Development continued to address key issues facing young people in Bartholomew County throughout the year. Guided by the principles of our **Vision 2025 Youth Master Plan**, we sought to increase our focus on mental health. Our partnership with **Mental Health Matters** to create “Tomorrow Needs You” apparel allowed us to raise awareness for youth mental health challenges. In the realm of Professional Development, our staff members received further training to administer **Adult, Youth, and Teen Mental Health First Aid Workshops** to community members wishing to support the children, youth, and adults in their lives.

Our usual round-up of community events took place, with our talented and ambitious **Youth Ambassadors** leading the way during the Youth Empowerment Summit, Spark Spirit Week, Next Gen Day, Festival of Lights Parade, and more. We also dipped our toes into helping with events new to CYD, like Touch-a-Truck, Mucking Mayhem, and the Teen New Year’s Eve Party. Stay tuned for more exciting events in 2024!

We are proud of the work that we have accomplished this year. Thanks to the help of our Steering Committee, workgroups, partners, volunteers, and supporters, we have been able to continue to create a more positive environment for youth in Bartholomew County.

As you read this report, we welcome you to dive deeper into our work, our initiatives, and the impact we made in 2023. Thank you for your support of the Council for Youth Development this past year. We will continue to serve the youth, families, and youth care workers of Bartholomew County in 2024!



# THEORY OF CHANGE

A CONCEPTUAL MODEL OF OUR VALUES AND HOW WE ENACT OUR STRATEGIES

## Our Concerns



The neighborhood where a child is born may have a poverty rate that is 42% higher than the neighborhood next door.



The median household income in one neighborhood may be as much as \$66,000 higher than another.



A child born in one neighborhood will live 17.3 years longer, on average, than a child born in a different part of the community.

## How we create change together

While Bartholomew County has made great strides to support our youth and families, challenges remain for many local children, teens, and young adults. The Theory of Change process, along with best practice in the field of positive youth development and health equity, has reinforced CYD's commitment to address the social determinants of health through an asset-based and trauma-responsive lens. Together, we are committed to finding creative solutions in order to remove barriers and provide equitable opportunities so that every young person has the resources and support they need to thrive.

**GOALS**

**APPROACH**

**OUTCOMES**

- **INCREASE AWARENESS** of youth mental health and family well-being throughout Bartholomew County.
- **IMPROVE EQUITABLE ACCESS** to youth empowerment, family engagement, and professional development opportunities for Bartholomew County residents.
- **INCREASE LEADERSHIP & VOICE** by supporting youth, parenting adults and professionals through initiatives that promote building Developmental Assets and encouraging Developmental Relationships to strengthen resilience in all Bartholomew County youth.



- ★ **YOUTH ARE RESILIENT AND ENGAGED**
- 🌱 **FAMILY RELATIONSHIPS ARE STRENGTHENED**
- 👩 **PROFESSIONALS ARE PREPARED AND SUPPORTED**
- 🤝 **COMMUNITY PARTNERS ARE MOBILIZED**

**YOUTH DEVELOPMENT INDEX**

[Click here to learn more about the key indicators we track to measure community progress](#)

HEALTHY	SAFE	EDUCATED	ENGAGED	SUPPORTED
Suicide Ideation Substance Misuse Teen Pregnancy Youth Suicide	Children in Need of Services Juvenile Justice Referrals Infant and Child Mortality	Kindergarten Retention Reading Proficiency High School Diploma Post-Secondary Attainment	School Attendance Involvement in Outside Activity Active in the Community	Access to Mental Health Services Caring Adult in Life Perception that Community Cares

# VISION 2025

# YOUTH MASTER PLAN

## GOAL 1



### INCREASE AWARENESS

of youth mental health and family well-being throughout Bartholomew County.

## GOAL 2



### IMPROVE EQUITABLE ACCESS

to youth empowerment, family engagement, and professional development opportunities for Bartholomew County residents.

## GOAL 3



### INCREASE LEADERSHIP & VOICE

by supporting youth, parenting adults and professionals through initiatives that promote building Developmental Assets and encouraging Developmental Relationships to strengthen resilience in all Bartholomew County youth.

## STRATEGIC OBJECTIVES

- **Implement county-wide campaigns** focused on youth mental health, promotion of family well-being, and reducing stigma in the home, schools, and broader community.
  - **Promote CYD partner campaigns, resources, and events** to increase awareness of youth mental health and family well-being.
  - **Grow awareness** of Developmental Assets framework, Developmental Relationships best practices, and trauma-responsive care approaches to support positive youth development.
  - **Maximize efforts with partner organizations** to address youth mental health and family well-being issues, especially young people who identify as Latino, Black, Biracial, Multiracial, and LGBTQIA+ and their families.
  - **Increase the number of partner organizations** that are aware of the Guiding Principles for Positive Youth Development.
  - **Pilot evidence based and emerging best practices in youth development** that align with equitable access opportunities.
  - **Strengthen partnerships and engagement** to advance the work and provide quality opportunities.
  - **Support best practices and shared resources** with partner organizations that serve youth, especially young people who identify as Latino, Black, Biracial, Multiracial, and LGBTQIA+ to ensure equitable opportunities for community engagement and leadership development.
  - **Coordinate youth empowerment programming initiatives** alongside partner organizations serving youth, especially young people who identify as Latino, Black, Biracial, Multiracial, and LGBTQIA+.
  - **Gather stakeholder voice** in collaboration with partner organizations to identify and address needs of youth and families.
  - **Build knowledge and skills** focused on social, emotional, and mental health best practices.
  - **Advocate for increased mental health services** for Bartholomew County youth and families at the local, state, and national level.
- [Click here to learn more about objectives for youth empowerment, family engagement, and professional development initiatives.](#)

## OUTCOME MEASURES\*

### YOUTH

75% of Bartholomew County youth who complete CYD youth empowerment programming will report improved social and emotional learning skills, positive sense of self, and motivation to get involved in community opportunities.

### FAMILIES

75% of Bartholomew County parenting adults who participate in CYD outreach initiatives will report improved awareness of opportunities available to build Developmental Assets and improve Developmental Relationships to strengthen resilience in youth in their care.

### PROFESSIONALS

75% of Bartholomew County child and youth care professionals completing CYD Building Assets in Every Youth – Community Certificate Program will report they intend to implement DA and DR in their programming with youth within the first three months post training.

### COMMUNITY PARTNERS

Increase the number of community partner collaborations by 10% to improve equitable access to developmental asset building and resilience supporting opportunities for all young people in Bartholomew County.

## YOUTH DEVELOPMENT INDEX

Local indicators tracked to inform our work and measure long-term community progress.

### HEALTHY

- Suicidal Ideation
- Substance Misuse
- Teen Pregnancy
- Youth Suicide

### SAFE

- Children in Need (CHINS)
- Juvenile Justice Referrals
- Infant & Child Mortality

### EDUCATED

- Kindergarten Retention
- Work Ethic Certificate
- High School Diploma
- Post Secondary Attainment

### ENGAGED

- School Attendance
- Involvement in Outside Activity
- Active in the Community

### SUPPORTED

- Access to Mental Health Services
- Caring Adult in Life
- Perception that Community Cares



# CYD PARTNERS AND LEADERSHIP

## INVESTMENT FUNDERS

Multi-year grant funding provided by:

Heritage Fund - The Community Foundation of Bartholomew County

Mark & Wendy Elwood Foundation

Foundation For Youth - Prevention Initiatives

Indiana Department of Health Title V Block Grant

Family and Social Services Administration: Division of Mental Health & Addiction Stop the Stigma Grant

## FISCAL AGENT

Strategic partnership and administrative oversight provided by:

Foundation For Youth

## STEERING COMMITTEE

**Julie Abedian**

*Columbus Regional Health*

**Mark Elwood**

*Mark & Wendy Elwood Foundation*

**Wendy Elwood**

*Mark & Wendy Elwood Foundation*

**Cindy Frey**

*Columbus Area Chamber of Commerce*

**Frank Griffin**

*Cummins Inc.*

**Lindsey Holden-Kay**

*Bartholomew County Juvenile Court -  
Former Juvenile Magistrate*

**Chuck Kime**

*Foundation For Youth*

**Kathy Oren**

*Community Education Coalition*

**Shawn Price**

*Flat Rock-Hawcreek School Corporation*

**Aida Ramirez**

*City of Columbus Human Rights Commission*

**Jim Roberts**

*Bartholomew Consolidated School  
Corporation*

**Kristin Munn**

*Heritage Fund - The Community Foundation  
of Bartholomew County*

**Mark Stewart**

*United Way of Bartholomew County*



Mark and Wendy Elwood

# CYD WORKGROUPS

**Youth Empowerment, Family Engagement, and Professional Development- 3 unique workgroups developing projects and guiding efforts to serve CYD's stakeholders.** These inspiring individuals listed below are the backbone of our organization. With the expertise of our workgroup members, Council for Youth Development is able to provide support the youth, families, and youth care workers we aim to serve. We envision a community where all youth and families are reaching their full potential. Thanks to our partners, we can make this a reality.

## YOUTH EMPOWERMENT

**Stephanie Cunningham, Chair**  
*Turning Point Domestic Violence Services*

**Kylee Jones, Vice Chair**  
*Columbus Regional Health - Healthy Communities*

**Jennifer Barbercheck**  
*Foundation for Youth*

**Christy Boes Eubanks**  
*iGrad*

**Sarah Frasier**  
*Bartholomew Consolidated School Corporation*

**Felicia Garr**  
*Community Education Coalition - Black & Biracial Youth Initiatives*

**Lisa Gray**  
*Bartholomew County Youth Service Center*

**Dakota Hall**  
*Bartholomew County Public Library*

**Jacob Hendricks**  
*Columbus Parks and Recreation*

**Nathan Larrison**  
*Foundation for Youth*

**Andrea Quick**  
*Community Volunteer*

**Kasey Waltz**  
*Flat Rock-Hawcreek School Corporation*

## PROFESSIONAL DEVELOPMENT

**Bob Moats, Chair**  
*iGrad*

**Lana Brown\***  
*Indiana Afterschool Network*

**John Bundick**  
*CPD Chaplain*

**Elisabeth Eaton**  
*Purdue Extension*

**Stephanie Hootman**  
*Juvenile Probation*

**Keith Monfreda**  
*Monfreda Creative Collectives*

**Nikki Murphy**  
*Columbus Parks and Recreation*

**John Nickoll**  
*Advocates for Children*

**Ashley Rice\*\***  
*Indiana Afterschool Network*

**Anna Villa**  
*i-CARE*

**Andy Young**  
*Foundation for Youth*

*\*outgoing member  
\*\*incoming member*

## FAMILY ENGAGEMENT

**Lindsey Bailey**  
*Bartholomew County Public Library*

**Kelly Backmeyer**  
*Foundation for Youth*

**Cassie Davidson**  
*Turning Point Domestic Violence Services*

**Janae Norman**  
*Bartholomew Consolidated School Corporation*

**Danielle Mann**  
*National Youth Advocate Program*

**Felicia Garr**  
*Community Education Coalition - Black & Biracial Youth Initiatives*

**Tyler Henkle**  
*Indiana Family and Social Services Administration*

**Luz- Elena Michel**  
*Community Education Coalition*

**Julie Miller**  
*Bartholomew Consolidated School Corporation*

**Alicia Monroe**  
*United Way of Bartholomew County*

**Nichole Phillips**  
*Bartholomew County Court Services*

**Christine Waters**  
*Community Education Coalition*

# YOUTH EMPOWERMENT

*In 2023, at least **32,000** young people were reached through CYD Youth Empowerment Campaigns!*



**Tim Green**  
CYD Youth Empowerment Coordinator

2023 was another stellar year for the Youth Empowerment branch at Council for Youth Development. Notably, our Youth Ambassador program is the highlight of this initiative. The 2022-2023 Youth Ambassador cohort wrapped up their year of service with numerous community events and public appearances. The group created lasting memories (with emphasis on leadership development), grew out of their comfort zones, created a brand new event – Columbus Park Cleanup for Global Youth Service Day- and collectively volunteered 784.5 hours of their time to serve their community!

Speaking of amazing, the 2023-2024 Youth Ambassador cohort wanted to surpass that hour milestone and created a goal of 850 hours served for their term. As of January 2024, this year's group has already volunteered 761 hours! This cohort is great to work with, and they have wonderful ideas for the future.

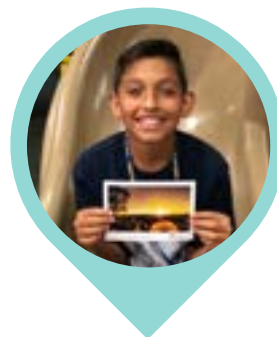
One of the highlights of the year was Columbus Park Cleanup. The Youth Ambassadors wanted to clean up our beautiful parks and hoped to enlist the help of other youth in the community. They created this initiative and teamed up with United Way of Bartholomew County, Columbus Parks & Recreation, Blazing Stars CISMA, and the LOVE Club at BCSC to have almost 100 young people at Mill Race Park! All ideas, marketing, recruitment, and advertising were done by our Youth Ambassadors.

This is just the tip of the iceberg. Between the Youth Empowerment Summit, SPARK Spirit Week, Columbus IN Pride Festival, NextGen Day with Exhibit Columbus, and so many more events, Youth Empowerment has been better than ever! We are proud of all of the young people in our community!



**Youth  
Ambassador  
Program**

**Youth  
Empowerment  
Summit**



**Shine On  
Postcard  
Campaign**

**Spark  
Spirit  
Week**



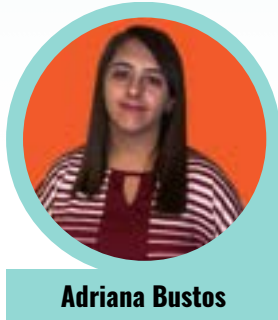
# YOUTH AMBASSADORS

## 2023 - 2024 COHORT

*Youth Ambassadors are Bartholomew County high school students in grades 10-12 committed to meaningful civic engagement and personal growth.*



**Annabelle Andrus**



**Adriana Bustos**



**Bo Crough**



**Lauren Degner**



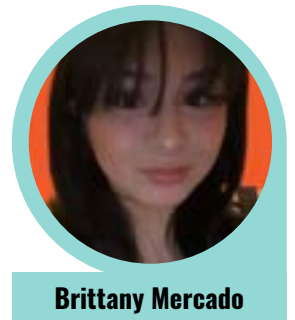
**Eleanor Dickson**



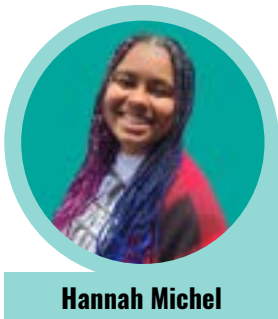
**Eden Knight**



**Sarah Hobbeheydar**



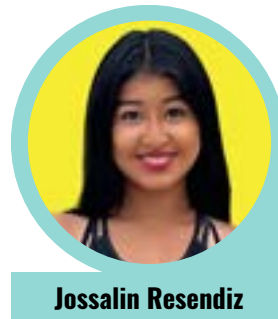
**Brittany Mercado**



**Hannah Michel**



**Sreepada Munjuluri**



**Jossalin Resendiz**



**Varshika Loganath Siva**



**Emma Stephens**



**Emily Wart**



**Lakshmi Vardhan Yepuri**



**Preetham Yerragudi**

# YOUTH AMBASSADORS

*CYD's Youth Ambassador Program aims to empower youth to thrive in adulthood by developing their unique talents, cultivating healthy behaviors and relationships, and actively participating in community projects to make a difference.*



The 2023-2024 Youth Ambassadors are ambitious and talented teens, with the goal of creating a larger impact in our community through their service and leadership! At the midpoint in the program, the Youth Ambassadors have had a strong presence at NextGen Day, Fiesta Latina, Columbus IN Pride, the Festival of Lights Parade, and more. Their work during Spark Spirit week helped encourage middle school students to find their “spark” in clubs and other activities. This spring, the Ambassadors will create a community service initiative in recognition of Global Youth Service Day. They are also in the process of planning and coordinating this year’s Youth Empowerment Summit, where they’ll inspire and engage with a diverse group of high school leaders from around the county!



**784.5** Community service learning hours completed.

**32** YA meetings with a 78% attendance rate.

**12** TOP lessons completed



# YOUTH EMPOWERMENT SUMMIT

*A full day of engaging activities designed to build leadership skills, inspire personal action, and expand a vision of a welcoming, safe, and supportive community for all.*

2023 marks the second year for CYD's all-day Youth Empowerment Summit, which brought 95 high-school students from BCSC, FRHC, and homeschools to the Columbus Learning Center for a day of learning, leading, and growing. Students heard from Columbus Mayor Jim Leinchoop and Keynote Speaker Hanna Omar. They participated in four workshops, "Successfully Failing" "Adulting in 2023," "Boundaries and Being Me," and "Diversity Speaks."

Youth Ambassadors wanted to focus on the mental health of their peers and decided to offer seminars that would build their skills in leadership development, creating a sense of belonging, financial management, and celebrating their unique voices.

**YES was made possible thanks to the Office of the Mayor, Columbus Human Rights Commission, the African American Fund of Bartholomew County, NAACP Bartholomew, Su Casa Columbus, Latino Education Coalition, CYD Youth Ambassadors and Volunteers, and Bartholomew Consolidated School Corporation.**



# SPARK SPIRIT WEEK

**SPARK: /spärk/**

**A spark is what you are really passionate about doing, an activity that unleashes your energy and joy.**

When young people know their sparks and have adult support in nurturing them, they are more likely to have a sense of purpose, to be socially competent, physically healthy, and to do better in school.\*

\*Based on research from Search Institute



**36,434**

Reached overall, with 18,534 youth reached!

**14,000+**

Estimated individuals reached through radio and newspaper

**14,000+**

Students and educators reached through school programming.

**13,000**

Students and educators reached through our Spark Spirit Week Activity Booklet.

**9,370+**

Reached across 4 social media platforms.

**1,934**

People reached through public and private events

**505**

Wristbands & vinyl stickers handed out.

**15**

Youth Ambassadors engaged in planning and participating with over 180 hours of involvement

# SHINE ON POSTCARD CAMPAIGN

First launched in 2017, the Shine On Postcard Campaign celebrates United Nations International Youth Day. Each year, student artists submit designs interpreting the theme "Shine On," and four are selected for print. The postcards are then distributed across the community for anyone to send positive messages to young people in Bartholomew County. To date, **over 45,000** free Shine On postcards have been distributed thanks to our coalition partners and the public.



**Leo Copeland**  
Columbus North High School

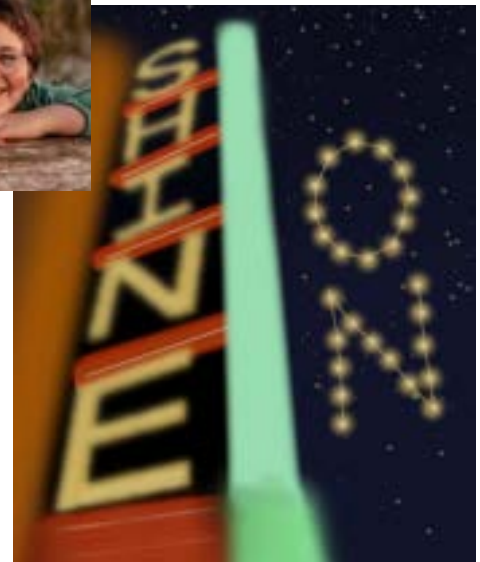


**Aizah Warsi**  
CSA Lincoln

**Chetna Raj Yadav**  
Central Middle School



**Natalie Walker**  
Southport High School





# PROFESSIONAL DEVELOPMENT

*Equipping our community with tools, resources, and quality learning opportunities to advance a culture of positive youth development and family well-being.*



2023 was a year of growth for CYD’s Professional Development department. We expanded our workshop and training offerings to include Mental Health First Aid, offered free community workshops on a regular basis, rolled out a PD Menu to allow groups and organizations to request our workshops and trainings, revamped our Community Certificate Program, launched our Professional Development Monthly Newsletter, and partnered with Columbus Parks & Rec to offer youth safety trainings.

We recognize the importance of mental health as a cornerstone for positive youth development, and recent community-level data shows youth and adult mental health are growing concerns for Bartholomew County. In response to this need, we started off 2023 by offering Youth Mental Health First Aid (for Adults Assisting Children and Youth). Spurred by our community’s response to this program and to further support youth by encouraging the well-being of adults in their lives, we added Mental Health First Aid for Adults to our offerings. Both of these 3-year certification courses are offered at no cost to those who live, work, or volunteer in Bartholomew County. We are excited to see the reach of these programs spread through our community as we seek to empower youth and families to take steps toward mental well-being.

Driven by research that shows the importance of youth having strong relationships with caring adults and in response to the Resilience through Strengths Survey, we increased the frequency of our Developmental Relationships Community Workshop to equip adults with the knowledge and tools they need to better support the youth in their lives. To further educate caring adults and bolster the level of resilience for youth in our community by increasing protective factors, we also began offering our Understanding Adverse Childhood Experiences Community Workshop on a regular basis. We are encouraged by the desire of our community to support its youth, which is evident as we hear from people from all sectors of our community during these workshops.

Through conversations with and feedback from our partners, we knew it wasn’t enough to just offer these workshops and trainings at open community sessions. In an effort to expand our reach and remove as many barriers as possible, we introduced our PD Menu. This menu allows groups and organizations throughout our community to request any of our workshops or trainings at the location of their choice via an online form. Launched in the latter part of 2023, our PD Team has already conducted several workshops and trainings for various community organizations and groups, with more scheduled in 2024.

# PROFESSIONAL DEVELOPMENT

*Equipping our community with tools, resources, and quality learning opportunities to advance a culture of positive youth development and family well-being.*



**Kate Slabosky**  
Professional Development Specialist

We also recognized the need to make some changes to our Community Certificate Program before bringing new partner organizations on board. These changes feature an all-new, consolidated video on Developmental Assets and Development Relationships, enhanced and flexible program completion options, as well as a stream-lined reporting process. We can't wait to see how this program grows in 2024!

To ensure our community's youth care workers have access to high-quality professional development resources and opportunities, we rolled out our Professional Development Monthly Newsletter in January. Issues are emailed on a monthly basis and include CYD and partner campaigns, resources, and events; free and affordable in-person and virtual learning opportunities; relevant resources; and advocacy and professional development opportunities.

CYD also began a new partnership with Columbus Parks & Rec in the summer of 2023 to offer both Safe Sitter and Safe@Home courses to teach and train youth how to be safe when babysitting or staying home alone. By sharing valuable life and safety skills, as well as child care training in Safe Sitter, we hope these courses empower youth and help build a safer community.

As we begin a new year, we look ahead with eager anticipation to see how CYD's Professional Development department will continue to grow and evolve in response to our community's needs. Youth work is hard, but we hope the youth workers and other caring adults in our community feel supported by our efforts as we continue pressing on to advance a culture of positive youth development and family well-being in Bartholomew County.



**Community Workshops**

**Mental Health First Aid Trainings**



**Professional Development for Youth Care Workers**

**Community Certificate Program**



# PROFESSIONAL DEVELOPMENT

## 2023 WORKGROUP INITIATIVES & OPPORTUNITIES



### MENTAL HEALTH FIRST AID

CYD hosts Mental Health First Aid trainings throughout the year at no cost to those who live, work, or volunteer in Bartholomew County and offers the option of bringing these trainings to organizations upon request through our Professional Development Workshop Request Form.



#### Mental Health First Aid For Adults

This certification course/training, led by facilitators trained by the National Council for Mental Wellbeing, is designed to teach adults how to identify, understand, and respond to signs of mental health and substance use challenges among adults. *One training totaling 5 participants in 2023. (Only the pilot course was held in 2023.)*



#### Youth Mental Health First Aid (for Adults Assisting Children & Youth)

This certification course/training, led by facilitators trained by the National Council for Mental Wellbeing, is designed to teach adults how to identify, understand, and respond to signs of mental health and substance use challenges among children and youth. *Six trainings totaling 88 participants in 2023.*



#### Teen Mental Health First Aid (for Teens):

This certification course/training, led by facilitators trained by the National Council for Mental Wellbeing, is designed to teach teens in grades 10-12, or ages 15-18, how to identify, understand, and respond to signs of mental health and substance use challenges in themselves, their friends, and peers.

# PROFESSIONAL DEVELOPMENT

## 2023 WORKGROUP INITIATIVES & OPPORTUNITIES

### COMMUNITY WORKSHOPS

CYD hosts free community workshops once a month and offers the option of bringing these workshops to organizations upon request through our Professional Development Workshop Request Form.



#### **Developmental Relationships Community Workshop**

This workshop, led by Search Institute-trained facilitators, is designed to help adults in the community understand and focus on the five elements of the Search Institute's Developmental Relationships framework to build more meaningful relationships with youth in their lives. Six workshops totaling 51 participants in 2023.



#### **Understanding Adverse Childhood Experiences**

This workshop, led by facilitators trained by the ACEs Indiana Coalition, is designed to introduce adults to the findings and implications of research around ACEs and to supply ideas for how we can help reduce the harmful effects of ACEs in our community. Eight workshops totaling 81 participants in 2023.



#### **PD Menu/Workshop Request Form**

CYD offers the option for organizations and groups in our community to request one or more of our workshops and/or trainings for their organization or group. Our PD Menu, outlining the workshops and trainings we offer, and the online request form are available on our website.



#### **Safe Sitter and Safe@Home Youth Safety Trainings**

CYD has partnered with Columbus Parks & Rec to offer both Safe Sitter and Safe@Home courses for our community's youth. These courses provide life and safety skills and childcare training in order to equip youth with the skills and tools necessary to be safe while babysitting or staying home alone.

**PD Menu/Workshop Request Form: CYD offers the option for organizations and groups in our community to request one or more of our workshops and/or trainings for their organization or group. Our PD Menu, outlining the workshops and trainings we offer, and the online request form are available on our website.**

# PROFESSIONAL DEVELOPMENT 2023 WORKGROUP INITIATIVES & OPPORTUNITIES

## BUILDING ASSETS IN EVERY YOUTH- COMMUNITY CERTIFICATE PROGRAM



Since 2022, six community organizations have partnered with CYD to actively advance a culture of positive youth development in Bartholomew County by committing to train new staff in Search Institute’s Developmental Assets and Developmental Relationships frameworks. Training is completed through either CYD’s video session or in-person workshops facilitated by CYD professional development staff. **Since 2022, 102 employees from partner organizations have earned certificates of completion.**

### PARTNER ORGANIZATIONS



### IYI YOUTH WORKER CAFES:

**Making the Shift: Laying the Foundation for New Mindsets and New Responses**

**State of the Child 2023: Bartholomew County (Annual Data Cafe)**

**Facilitating Difficult Conversations with Young People**

### Professional Development Monthly Newsletter

This monthly newsletter is compiled and provided by CYD to keep youth care workers up-to-date on high-quality professional development resources and opportunities relevant to youth-serving organizations.



# FAMILY ENGAGEMENT

## COMMUNITY OUTREACH

Family support looks different in the Pre-K years than it does for parents of Middle School students. It looks different for those whose first language is not English; different for those facing poverty or mental illness. The CYD network partners believe that the support of ALL Bartholomew County's families elevates the hope for our youth and community; that's why we attend a wide variety of events throughout the year. Having a booth at these events allows CYD to provide free educational resources to families of all backgrounds and young people of all ages.

**14** Community events attended or hosted

**100,103** Estimated reach of community events attended by CYD not including Spark Spirit Week



CYD Team Members play games with elementary students at Touch-a-Truck; Next Gen Day Exhibit Columbus

## A YEAR OF EVENTS!

It was a year full of exciting events for our team. We returned to community staples like Next Gen Day with Exhibit Columbus and a Not So Silent Night, but we also expanded our reach at events new to CYD. We had an exciting booth at October's Touch-a-Truck, where we were able to reach 450 community members. And our team, our Youth Ambassadors, and the Lemonade Bros had a festive time at the Festival of Lights Parade! Here, we had our largest reach yet- 50,000 people!



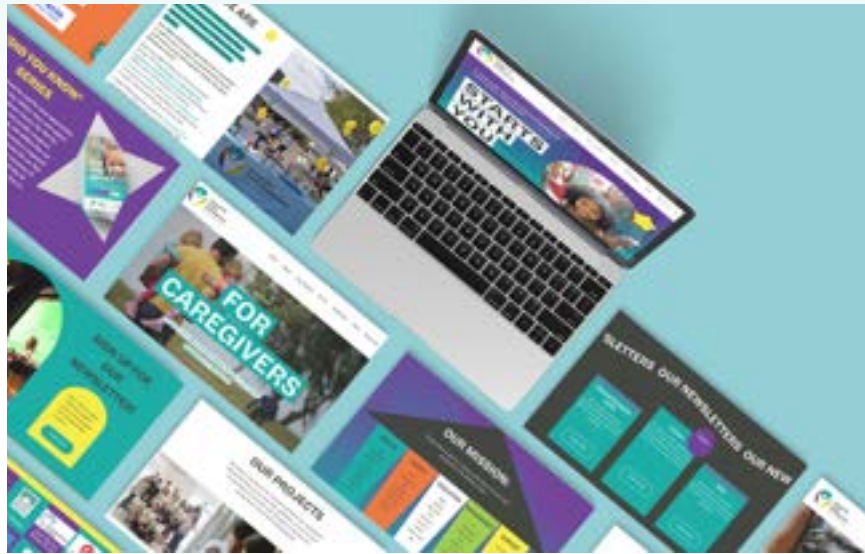
# COMMUNICATIONS

## 2023 INITIATIVES

Exciting  
Projects!

### CYD Website Redesign

The Council for Youth Development website underwent a redesign in 2023. We hoped to create a more engaging and visually eye-catching experience for all ages, with funky fonts and bright colors. Explore our initiatives, discover upcoming events, and learn more about our mission by checking out our website at [cydbartholomew.org](http://cydbartholomew.org).




### Mental Health Apparel in Partnership with Mental Health Matters


In conjunction with our newly created Mental Health Resources web page, we launched an apparel initiative with Mental Health Matters. "Tomorrow Needs You.... And So Do I"- this is the message we hoped to spread to young adults across the county. The image of the rising sun shares a message that there is indeed a light in the darkness. The shirts, hoodies, and bags all featured QR codes connecting people to mental health resources. Items may be purchased by contacting Hoosier Sporting Goods.












# CYD COMMUNICATIONS NETWORK SNAPSHOT OF 2023

<b>WEBSITE PERFORMANCE</b>  <a href="http://www.cydbartholomew.org">www.cydbartholomew.org</a>	<b>VISITS</b>  <b>2,000</b>	<b>TOP PAGE VIEWS</b> HOME <b>774</b>	<b>TOTAL PAGE VIEWS</b>  <b>4,100</b>
		yMHFA <b>629</b>	
		AMHFA <b>623</b>	

*\*since August 2023 website redesign*

<b>MONTHLY NEWSLETTERS</b> 	<b>SUBSCRIBERS</b> <b>1,422</b> <small>CYD News</small>	<b>OPEN RATE</b> <b>41.3%</b> <small>CYD News</small>	<b>CLICK RATE</b> <b>2.8%</b> <small>CYD News</small>
	<b>638</b> <small>Professional Development Monthly</small>	<b>44.4%</b> <small>Professional Development Monthly</small>	<b>3.1%</b> <small>Professional Development Monthly</small>

Sign up at [www.cydbartholomew.org/our-newsletters](http://www.cydbartholomew.org/our-newsletters)

SOCIAL MEDIA	FOLLOWERS	REACH	OPEN MEETING ATTENDANCE
 Facebook	<b>1,032</b>  35	<b>123,004</b>	 <b>168</b> Total
 Instagram	<b>755</b>  76	<b>23,353</b>	 <b>28</b> Average
 LinkedIn	<b>359</b>  64	<b>IMPRESSIONS</b> <b>9,014</b>	 <b>6</b> Meetings

Estimated Total Reach of CYD Communications, Outreach, & Programming

**159,499!**





[www.cydbartholomew.org](http://www.cydbartholomew.org)



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Scan this code to  
keep up with CYD  
through our monthly  
newsletter.

