



**OKLAHOMA COUNTY
EXTENSION**

REPORT TO THE PUBLIC October 2023

Protecting Mental Health for Lasting Volunteers

Mental Health Specialist and Educator, Danyelle Kuss was invited to present a workshop in collaboration with the Youth Volunteer Corps. This year's Youth Volunteer Summit was hosted in Tulsa, Oklahoma, and drew youth volunteers from all over the United States and internationally. Youth ranged from 11-18.

Those in attendance learned a variety of skills to protect their mental health and avoid burnout in order to become lifelong volunteers. Youth ages 16-17 represent the largest age group in America who formally volunteer. Participants explored the benefits of volunteering on their physical and emotional health and participated in activities to solidify learning.

These activities included a Tower of Stress Jenga game and Speed Dice to help them identify what stress feels like in their bodies. Youth practiced breathing techniques to help calm in the moment as well as processed how boundaries can support efforts to avoid burnout.





**OKLAHOMA COUNTY
EXTENSION**

CNEP Grant for The Urban Mission

For the past year and a half, FCS Educator Taylor Conner has been teaching programs at The Urban Mission's after-school kids program S.P.A.R.K. (Support Program of Arts and Reading for Kids). These youth programs typically consist of cooking classes or food tastings.

There was an apparent need for basic cooking supplies at the facility for programming. Back in April 2023 Taylor applied and was awarded a \$500 Community Grant from the Community Nutrition Education Program. All of the funds were put towards cooking supplies including electric skillets, measuring utensils, kid's knives, mixers, bowls, aprons and more.

During the month of October, Taylor delivered the supplies and conducted a cooking class with the kids. They made peanut butter banana granola wraps.





**OKLAHOMA COUNTY
EXTENSION**

Fall Break Babysitting Workshop

Family and Consumer Sciences Educator, Lisa Hamblin, held a Babysitting 101 workshop at Ralph Ellison Library during Fall Break.

Teens attending the two-day event learned how to safely take care of children, market their babysitting business, and were certified in the American Heart Association's CPR/First Aid/AED program.

City/County Health Department staff and volunteers provided the CPR training, as well as information on infant safe sleep and shaken baby syndrome. Additionally, OSU Extension's CNEP (Community Nutrition Education Program) coordinator, Lori Goodbary, taught the teens about healthy snacks and the importance of handwashing.

Students received a workbook, completion certificate and a bag of items to use when babysitting.





**OKLAHOMA COUNTY
EXTENSION**

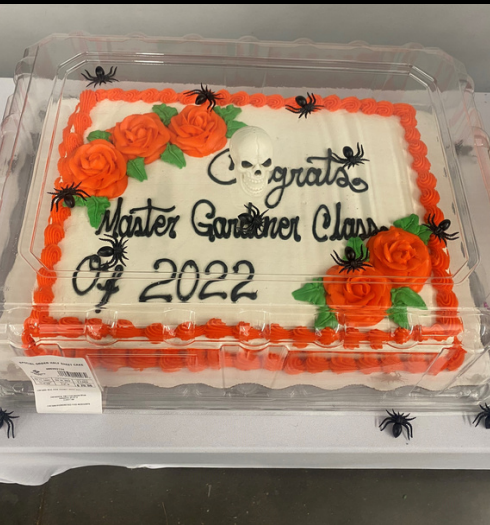
Graduating Master Gardener's Class of 2022

On October 13, 2023 Oklahoma County Master Gardener's class graduated after studying and volunteering in the county for over a year.

The class began in September of 2022 with 12 weeks of one day classroom education in horticultural topics such as soils, landscaping, vegetable gardening and many other topics.

Once their classroom experience was completed, they volunteered as interns at the OKC Zoo, Will Rogers Gardens and the Extension Demonstration Gardens. As interns, they also fielded calls, email and walk-in horticulture questions form the public at the Extension Call Center.

Thirty-seven students graduated from the program and each received a Master Gardener badge, certificate, manual, and tote bag. These Certified Master Gardeners will now go on to join the Oklahoma County Master Gardener Association and serve as volunteers all over Oklahoma County participating in educational and gardening activities.





**OKLAHOMA COUNTY
EXTENSION**



Youth Programming Gone Wild in Scissortail Unit

**Healthy behaviors of children are associated with
higher academic achievement.**

**The CNEP Youth Program includes a variety of
nutrition education offerings which focus on
improving healthy behaviors of Oklahoma
children.**

**Our goal is to give our youth the best chance at
academic success while also encouraging
healthy habits they can use for the rest of their
lives.**

CATCH

CATCH, or the Coordinated Approach to Child Health, is a comprehensive nutrition curriculum for elementary students.

Farm to You

Farm to You is a 40 by 40 foot walk-through exhibit consisting of nine stations.

KIK It Up!

KIK It Up! is an afterschool and summer program for ages 6-15 years. Youth are given the opportunity to learn essential nutrition concepts and engage in fun physical activities.

Teen Cuisine

Teen Cuisine is a hands-on cooking program that teaches students in grades 8-12 important life skills for eating smart, which will stay with them as they grow into adults.



**OSU EXTENSION
COMMUNITY NUTRITION
EDUCATION PROGRAMS**



OSU EXTENSION
**OKLAHOMA COUNTY
4-H YOUTH DEVELOPMENT**

October means 4-H

October is a very special and busy time for Oklahoma County 4-H members. In an official ceremony, the Board of Oklahoma County Commissioners voted to proclaim October 2023 as 4-H Month. Brea Spencer read the proclamation for the BOCC Meeting and recited the 4-H Pledge. To show appreciation for this display of support, seven Oklahoma County 4-H'ers held a reception for the commissioner's and their staff.

The annual 4-H Awards Banquet was also held this October. This event was an afternoon to remember, filled with recognition and honor. We celebrated the accomplishments of our 4-H members, leaders, and supporters who have shown exemplary dedication to our program throughout the year. Awards were presented in various categories, including leadership, community service, and project excellence.

H.U.G.S. Service Project

Oklahoma County 4-H also launched it's annual service project, H.U.G.S., collecting hats, underwear, gloves, and socks with items being donated to Citizens Caring for Children and the Homeless Alliance. Over 2,000 items were delivered to the organizations providing for the unhoused population and foster families in Oklahoma.





OSU EXTENSION
**OKLAHOMA COUNTY
4-H YOUTH DEVELOPMENT**

Teen Leadership Conference

The Southeast District Teen Leadership Conference was held over October 11-13th. Members who attended were encouraged to be bold, creative, and grow their leadership abilities. Oklahoma County 4-H had a great showing at this year's event, bringing the most members of any county in attendance. Additionally, two of our own were elected onto the 2023-24 Southeast District Leadership team. Brea Spencer was elected as the SE District Recreation Leader, and Violet Spencer was elected as the SE District Vice President. They will serve in these leadership positions until the fall of 2024.

National Association of Extension 4-H Youth Development Professionals Conference

Representing Oklahoma County 4-H, Mindy McNeil attended the NAE4-HYDP National Conference in Pittsburgh, PA. Mindy received the Achievement of Service Award, an award honoring 4-H Professionals with between 3 and 7 years of service. Mindy also serves as the State Association Treasurer.

This conference provides an opportunity for professional development and networking with other 4-H professionals across the country.





**OKLAHOMA COUNTY
EXTENSION**

Extension Staff:

LaDonna Hines - Extension Director

Lisa Hamblin - Family & Consumer
Sciences Educator

Taylor Conner - Family & Consumer
Sciences Educator

Julia Laughlin - Horticulture Educator

Josh Campbell - Urban Agriculture
& Natural Resources Educator

Cody Yount - 4-H Educator

Mindy McNeil - 4-H Educator

Lori Goodbary - CNEP Area
Coordinator

Danyelle Kuss, 4-H Youth Mental
Health Educator

Kris Martens, Strong Dads Educator

Aleshia Maldonado, Strong Dads
Educator

OSU Extension provides research-based resources you can use to improve your home, workplace, and community. We offer programs and services that are specifically designed to solve the problems that county residents face.

Please check out our website for the calendar of events <https://calendar.okstate.edu/oces/> to learn of new workshops or programs being offered.

You can follow us on Facebook for a glimpse into how your Oklahoma County Extension Educators and staff are serving you and the community.

Be sure to check out Oklahoma County OSU Extension's monthly podcast "The Urban Gardener" with Julia Laughlin, Horticulture Educator, and Joshua Campbell, Urban Agriculture and Natural Resources Educator.



Contact Us:



405-713-1125



[@OKCountyExt](https://twitter.com/OKCountyExt)



2500 NE 63rd Street
Oklahoma City, OK 73111



facebook.com/okcountyextension



[extension.okstate.edu/county/
oklahoma/oklahoma.html](https://extension.okstate.edu/county/oklahoma/oklahoma.html)



[@okcountyext](https://www.instagram.com/okcountyext)

Oklahoma State University, as an equal opportunity employer, complies with all applicable federal and state laws regarding non-discrimination and affirmative action. Oklahoma State University is committed to a policy of equal opportunity for all individuals and does not discriminate based on race, religion, age, sex, color, national origin, marital status, sexual orientation, gender identity/expression, disability, or veteran status with regard to employment, educational programs and activities, and/or admissions. For more information, visit <https://eeo.okstate.edu>.