



**OKLAHOMA COUNTY
EXTENSION**

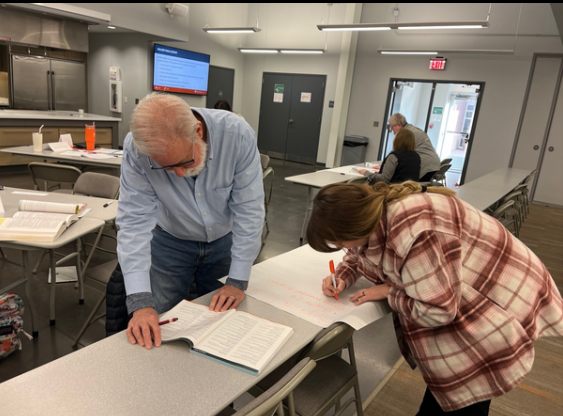
REPORT TO THE PUBLIC Nov/Dec 2023

Youth Mental Health First Aid

During the month of December Danyelle Kuss, Youth Mental Health Specialist and Educator taught the Youth Mental Health First Aid curriculum. Youth Mental Health First Aid teaches adults how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18. It is similar to being certified in CPR. In total 10 County educators and 2 Oklahoma County Master Wellness Volunteers were certified as Youth Mental Health First Aiders. This is a valuable step in building understanding, feelings of competency and creating educated adults who are resources for our kids when they struggle.

Wellness Days Stress Management

Danyelle Kuss was also invited to participate in Wellness Days where she educated over 200 5th graders in stress management skills that they can utilize in their daily life. Students practiced breathing techniques to increase focus and help calm overwhelming emotions and created a stress coping plan to use in the future.





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OHCE Hosts a Barn Quilt Painting Workshop



The OHCE (Oklahoma Home and Community Education) organization recently hosted a barn quilt painting workshop at the OSU Extension Center. County President, Gayla Mosteller, taught participants about the history of barn quilts, as well as how barn quilt tours have brought an increase in tourism to rural Oklahoma.

Another Barn Quilt Painting workshop is planned for February 12th. Please contact the OSU Extension Office for details.





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Holiday Bread Baking Workshop

During the months of November and December, Taylor Conner, Family & Consumer Sciences Educator, taught Holiday Bread Baking Workshops at the Extension Conference Center. Taylor skillfully guided participants through the intricacies of dough preparation techniques as well as how to create star-shaped breads. Attendees not only honed their baking skills but also experienced the joy of creating delectable treats that embodied the holiday season.

Master Wellness Volunteers assisted Taylor with the workshops. Their involvement ensured a seamless and supportive learning experience for all, reinforcing the collaborative spirit at the heart of community education initiatives. As a result, the Holiday Bread Baking Workshops became a delightful convergence of education, skill-building, and communal enjoyment during the holiday season.





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Strong Dads Celebration!

We are thrilled to announce the successful completion of our very first Strong Dads Workshop! Over the past several weeks, our dedicated group of fathers have engaged in meaningful discussions, valuable skill-building activities, and supportive networking opportunities. The impact of this workshop has been profound, not only for the dads but also for their families and the community at large.

Throughout the workshop, these incredible dads have demonstrated unwavering commitment to personal growth, self-improvement, and the cultivation of strong, positive relationships with their children. Their willingness to embrace new perspectives, share their experiences, and support one another has truly been inspiring.

As we celebrated the completion of this milestone, we also celebrated the enduring impact it will have on the lives of these fathers and their families. The skills, insights, and connections gained during the workshop will continue to serve as a foundation for their ongoing journey as strong, nurturing, and influential dads.

We are immensely proud of each and every dad who has been part of this transformative experience. The impact of this fatherhood program extends far beyond the individuals involved, enriching the lives of children and families for years to come.





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

Holiday Cheer

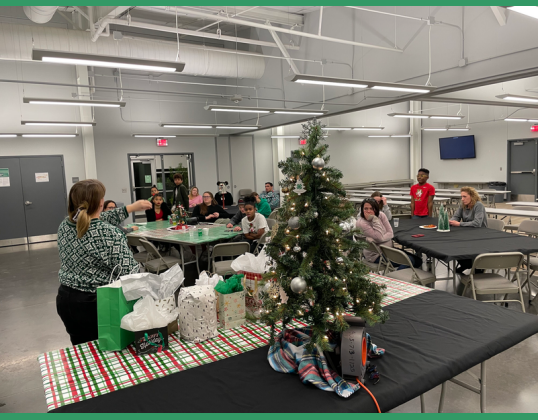
This past month, Oklahoma County 4-Hers were busy spreading holiday cheer. Members of Jones 4-H and Homeschool 4-H clubs had holiday craft tables at the annual Will Rogers Garden Park Lighting Ceremony. Numerous families visited the booth to learn about the offerings of 4-H in Oklahoma County and engage in hands-on crafting activities. The event was a delightful celebration filled with hot chocolate, camaraderie, and the spirit of the holiday season.

The Teen Council hosted a holiday party and gift exchange. Hilarity ensued as gifts were passed back and forth during the gifting game, and delicious, homemade snacks were had by all. It was an excellent way to close out the year.

4-H Outdoor Adventure

In December, the inaugural "Oklahoma County 4-H Outdoor Adventure" program was introduced. This newly established, tiered program was designed to enhance the ecological consciousness of youth in Oklahoma County and provide them with opportunities for outdoor exploration and recreation.

To kick off the program, the first official county hike was held at Martin Nature Park on a blustery December Saturday Morning. Despite the cold weather, participants exhibited remarkably cheerful attitudes as they engaged in calisthenics and wore winter caps to stay warm during the 1.6-mile hike. The next county hike is slated for Saturday, February 3rd.





OKLAHOMA COUNTY EXTENSION

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Mindy McNeil - 4-H Educator

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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.



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