

January 5, 2023

EXTENSION, EDUCATION & RECYCLING COMMITTEE
Douglas County Board of Supervisors
Thursday, January 12th, 2023, 3:00 p.m., Government Center Boardroom 201
1313 Belknap Street, Superior, Wisconsin
Video call link: <https://meet.google.com/pzx-osdp-hhy>
Or dial: (US) +1 424-286-1593 PIN: 182 221 383#

***Due to COVID-19 concerns, members of the public may attend the meeting remotely.**

Please call the County Clerk's Office (395-1397) if you will not be able to attend.

MEMBERS: Sue Hendrickson, Chair Michael Raunio, Vice Chair Wendy Bong
Mike Streveler Charlie Glazman

A G E N D A

(Committee to maintain a two-hour meeting limit or take action to continue meeting beyond that time.)

1. Roll call.
2. Approval of October 19, 2022, meeting minutes (attached).
3. Update on rural broadband plan by East Central Energy (ECE).
4. Extension Staff Reports:
 - a. Area Extension Director – M. Pardee;
 - b. FoodWise – J. Montgomery/T. Nichols;
 - c. Human Development & Relationships – T. Henegar; and
 - d. 4-H & Youth Development – K. Stenroos.
5. Recycling update – A. Gronning.
6. Future agenda items.
7. Adjournment.

cc: S. Nelson (Telegram) UW-Extension Staff Jennifer Barton (Recycling) Sheldon Johnson
County Board Ann Doucette Sue Sandvick Ashtin Gronning
East Central Energy

NOTE: Attachments to agenda available in County Clerk's Office for viewing or copying, or on county's website www.douglascountywi.org
Action may be taken on items on the agenda. The County of Douglas complies with the Americans with Disabilities Act of 1990. If you are in need of an accommodation to participate in the public meeting process, please contact the Douglas County Clerk's Office at (715) 395-1341 by 4:00 p.m. on the day prior to the scheduled meeting. Douglas County will attempt to accommodate any request depending on the amount of notice we receive. TOO(715) 395-7521.

Posted: Courthouse, Government Center, Superior Public Library, www.douglascountywi.org

Kendra Schmidt 01/05/2023

Name Date

EXTENSION, EDUCATION & RECYCLING COMMITTEE
Douglas County Board of Supervisors
Wednesday, October 19, 2022, 3:00 p.m., UW-Extension Office Room 107, 1313 Belknap Street,
Superior, Wisconsin

Meeting called to order by Chair Hendrickson.

ROLL CALL: Present – Susan Hendrickson, Charlie Glazman, Michael Raunio, Wendy Bong. Absent – Mike Streveler. Others Present – Mary Pardee (remote), Ashtin Gronning (remote), Sheldon Johnson (remote), Jessica Zufolo (remote), Tracy Henegar (remote, arrived at 3:06 p.m.), Tarah Nichols, Julie Montgomery, Ellen Chicka, Katelin Stenroos (arrived at 3:22 p.m.), Kendra Schmidt, Committee Clerk.

APPROVAL OF MINUTES: Motion by Bong, second Raunio, to approve the minutes of September 14, 2022, meeting. Motion carried.

City Broadband Project: Magellan Broadband – J. Zufolo: Currently working with the City of Superior towards better broadband connection and affordability.

ACTION ITEM: 2023 Recycling Contract between NWRPC & Douglas County: Attached with agenda.

ACTION (REFERRAL): Motion by Glazman, second Bong, to approve recycling agreement and refer to County Board for approval. Motion carried.

Reports:

Area Extension Director – M. Pardee: Working on new planning methods and with partners.

FoodWise – J. Montgomery/T. Nichols: 2022 Grant year completed on September 30th and have now started new grant year.

Human Development & Relationships – T. Henegar: Report attached with agenda.

4-H and Youth Development – K. Stenroos: Report attached with agenda.

Recycling Update – A. Gronning: Douglas County DNR Grant submitted last month.

Future Agenda Items: Hosting rural electric.

ADJOURNMENT: Motion by Bong, second Glazman, to adjourn. Motion carried. Meeting adjourned at 4:11 p.m.

Submitted by,

Kendra Schmidt, Committee Clerk



Extension

UNIVERSITY OF WISCONSIN-MADISON
DOUGLAS COUNTY



Douglas County Extension Education & Recycling Committee Report – January 12, 2023



Area Extension Director Mary Pardee

Updates

- ▷ All staff members participated in a Civil Rights Review Day, where we highlighted our efforts to expand programming to underserved audiences in the county.
- ▷ Educators attended Extension's All-Staff Conference, held in Madison in early December. UW-Madison Extension provided travel and hotel reimbursement for this professional development opportunity.
- ▷ Extension's Core Planning Team, a statewide group that is leading a strategic planning process to inform our work and direction moving forward, will be engaging counties in discussions about our work.



4-H Youth Development Katie Stenroos

- ▷ Working with a statewide team on a distance learning activity plan series for **youth in grades K-2** where they discover and explore 4-H through project learning in order to engage new youth in 4-H programming.
- ▷ Attending training on **teen Mental Health First Aid** in order to involve students at Superior, Maple, Solon Springs, Washburn and Bayfield High Schools. The goal of this effort is to determine feasibility and logistics for the possible launch of tMHFA, for area high school students to learn how to recognize and respond appropriately to a friend who may be experiencing a mental health or substance use challenge.
- ▷ The **4-H enrollment** system is open for enrollment of new youth and re-enrollment of current members.
- ▷ Continuing with ongoing recruitment of 4-H youth and volunteers.

- ▷ Recruiting high school students for Douglas County **Youth in Governance** with youth serving on the Douglas County Board of Supervisors.
- ▷ Planning in partnership with Extension Educators in Bayfield, Ashland and Iron Counties for a **Superior Days youth delegation**. Locally, I am in discussion with the Superior School District who has already committed for youth attendance and financial support.



FoodWise Julie Montgomery & Tarah Nichols

- ▷ Provided our first **Cooking on a Budget** class to UW-Superior students in collaboration with the Yellowjacket Food Pantry. Six students who use the food pantry attended.
- ▷ Completed a twelve-week series of **Strong Bodies** classes meeting with approximately thirty northern county participants online using Zoom; as well as provided Strong Bodies facilitation for the statewide program.
- ▷ Completed a series of classes with three **4th grade classrooms** at Northern Lights and 2 classrooms of 3rd grade at Cooper school and Bryant school.
- ▷ Presented with colleagues at the Extension All-Staff Conference on the topic of **Trauma Informed Approaches in Education** where our curriculum, Around the Table, was shared.
- ▷ Planning **classroom series** for 5th grade/4th grade to start at the beginning of 2023.
- ▷ End of year reporting for FY22 commences end of January 2023.
- ▷ Completed U of MN Extension course **Systems Approaches for Healthy Communities cohort training** over the last three months.
- ▷ New Partner Agreement with the Superior School District's **Superior Community Preschool/Family Resource Center** to provide parent nutrition and physical activity education.

- ▷ Planning weekly classes with **Family Resource Center parents** January-March 2023 at Northern Lights Elementary School.
- ▷ Starting **grant applications** for Growing Together WI-FoodWise funding for Parkland Community Garden and Solid Rock Supplemental Food Garden for the 2023 growing season in collaboration with Lake Superior Master Gardeners.
- ▷ Preparing for a new Strong Bodies virtual strength training and nutrition education series meeting Tuesdays and Thursdays at 9:00 a.m., January 10-March 23, 2023.
- ▷ FoodWise is identifying ways to assist SNAP eligible residents with food resource management in preparation for the decrease in SNAP funding when the state of emergency ends.



Students at UW-Superior attended Cooking on a Budget, where they made healthy meals using foods commonly found at the Yellow Jacket Food Pantry.



Human Development & Relationships **Tracy Henegar**

Programming centers around strengthening individual and family well-being.

Aging Mastery Program (AMP) - a 10-session virtual series for seniors, where participants develop sustainable behaviors across many dimensions that lead to improved health, stronger economic security, enhanced well-being, and increased societal participation.

- In 2022, this statewide initiative is being offered in collaboration with Inclusa, to expand accessibility to rural communities.
- Launched first session for 2023 in partnership with Inclusa, including both a virtual and an in-person option at the Northern Great Lakes Visitor Center. Data from this pilot of a blended program will inform future programming options for Douglas County, as well.

Mental Health First Aid (MHFA) / Youth Mental Health First Aid (YMHA) - an evidence-based 8-hour skills-based training course that teaches adult participants about mental health and substance-use issues.

- Co-facilitated 3 statewide MHFA ~ Certified 44 new Youth Mental Health First Aiders

teen Mental Health First Aid (tMHFA) – an evidence-based program that teaches teens in grades 10-12 how to identify, understand and respond to signs of mental health and substance use challenges among their friends and peers.

- Collaborating with Superior School District to launch a pilot program Jan/Feb 2023; hosted 2 tMHFA Parent Informational Sessions
- Launched Bayfield High School pilot program – data from this initial program will inform prep for Superior
- Coordinating with 4-H to explore the viability of a community-based pilot program open to Maple & Solon Springs students

QPR Gatekeeper Suicide Prevention – an evidence-based workshop designed to teach participants three simple steps anyone can learn to help save a life from suicide: Question, Persuade, and Refer.

- Launched a new initiative in partnership with the Duluth Superior Area Foundation and the Miller Dwan Foundation. We began offering this in December 2022 with the goal of offering at least 10 workshops by the end of March 2023. This program will continue to be offered, upon request, throughout 2023.
- Data from the first 2 sessions shows significant improvement in all 13 measures of knowledge and confidence to respond to support an individual experiencing a suicidal crisis.

Triple P – Positive Parenting Program® - an evidence-based parenting and family support system designed to prevent problems in the family before they arise and to create family environments that encourage children to realize their potential - a collaboration with Ashland, Bayfield, Crawford, and Winnebago County Extensions.

- Wrapped up [Fall 2022 0-12 & Teen Classes](#) –
 - ~ 0-12 class: 102 contacts from across the state; 61 from Douglas County
 - ~ Teen class: 92 contacts from across the state; 27 from Douglas County
- Wrapped up [Family Transitions](#) for parents who are experiencing personal distress from separation or divorce, which is impacting on or complicating their parenting
 - ~ 9 participants completed the program with 4 participants from the local region

Other Programming Highlights

- ▷ Continuing systems change work with the Douglas County Mental Health CCR - Crisis Access Response & Engagement (CARE), as well as with the new initiative through the Miller Dwan Foundation: Reimagining Mental Health and Well-being in Douglas County
- ▷ Partnering with Douglas County Health Department to provide [Just In Time Parenting](#) to parents with children birth-6 years old
- ▷ Partnering with Family Forum Head Start, Superior School District and the Superior Library to distribute [Parenting the Preschooler](#) and [Money Smart in Head Start](#) parenting newsletters
- ▷ Re-launched our monthly [Coffee Talk](#) parenting classes for Family Forum Head Start
- ▷ Coordinated a Suicide Prevention month social media campaign - total reach for Douglas County – 299
- ▷ Provided a brief session on skills to *Take Care of You* for the Douglas County HCE Club
- ▷ Facilitated a workshop on self-care for Northwood Tech. Nursing students

Professional Development

- Attended full day workshop: *Energize Your Workshops and Turn on the Learning!*
- Attended webinar on *Celebrating Indigenous Family and Cultural Strengths & Promoting Health Equity*
- Continued *Somos Latinx Families* Webinar series
- Attended webinar on *Flourishing Families, Centering Justice: Policy solutions for prevention-focused, trauma-informed supports for children and families*
- Attended virtual workshop on *Foundations for Trans Inclusion*
- Attended 3 day All Colleague Conference in Madison
- Participated in training to pilot a new curriculum: *Manage Screens Before They Manage You*
- Attended Foundations for Trans Inclusion webinar



Office/Media Associate Ellen Chicka

- ▷ Submit invoices/payments to the county for payment/receipt
- ▷ Ordering office supplies and replacing equipment as needed
- ▷ Continuing updates on Extension website and social media posts. Participated in webinars for new website layout, editing options.

- ▷ Updating e-lists and creating new email blasts on UW-Madison EMMA system.
- ▷ *For 4-H Educator:*
 - Worked on the Nov newsletter and distributed it to the members
 - Approve new student registrations on the 4-H online system
 - Helping with registration as needed
- ▷ *For Human Development and Relationships educator* to create flyers, social media posts, send out materials and handle registrations for:
 - Aging Mastery Program class Jan-March 2023
 - QPR Suicide Prevention Training Classes
 - Sent out materials to Triple P Positive Parenting Class participants
 - Trauma Informed Caregiving Classes in Jan/Feb 2023
 - Shared a series of social media posts about kids staying home alone
- ▷ *For FoodWise Educators:*
 - Share information about Winter StrongBodies class
 - Update articles for Jan/Feb. Senior Connections newsletter
 - FoodWise-Harvest of the Month information-shared social media posts
 - Shared articles and information about food safety and food prep prior to the Thanksgiving holiday
 - Joined the statewide FoodWise Communications Group
 - HCE-create Nov/Dec Newsletter and print for mailing, created the 2023 calendar
 - Participated in the UW-Madison Civil Rights meeting for Douglas County



Extension

UNIVERSITY OF WISCONSIN-MADISON
DOUGLAS COUNTY

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douglas.extension.wisc.edu

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Call or email to reach us. You can reach any staff members via email using the format **firstname.lastname@wisc.edu**.

Douglas County Recycling & Extension Ed. Committee

Sue Hendrickson, Chair Wendy Bong
Michael Raunio, Vice-Chair Mike Streveler
Charlie Glazman