

August 9, 2023

EXTENSION EDUCATION & RECYCLING COMMITTEE
Douglas County Board of Supervisors
Wednesday, August 16, 2023, 3:00 p.m., Government Center, Boardroom 201
1316 N. 14th Street, Superior, Wisconsin
OR JOIN BY PHONE: (US) +1 424-286-1593 PIN: 182 221 383#
OR VIDEO: <https://meet.google.com/pzx-osdp-hhy>

Please call the County Clerk's Office (715-395-1341) if you will not be able to attend.

MEMBERS: Sue Hendrickson, Chair Kelly Peterson, Vice Chair
Mike Streveler Wendy Bong
Charlie Glazman

A G E N D A

Virtual attendance available to public; committee members must attend in-person to constitute a quorum and/or vote.
Committee to maintain a two-hour meeting limit *or* take action to continue meeting beyond that time.
All action items include attachments unless noted.

1. ROLL CALL

2. APPROVAL OF MINUTES

- a. June 21, 2023*

3. REPORTS

- a. Recycling – S. Johnson
- b. Extension Staff Reports*
 - (1) Area Extension Director – M. Pardee
 - (2) FoodWise – J. Montgomery/T. Nichols
 - (3) Human Development & Relationships – T. Henegar
 - (4) 4-H and Youth Development – K. Stenroos

4. INFORMATIONAL ITEMS

- a. Comprehensive Plan Updates (if any)
- b. 2024 Extension Budget Proposal

5. FUTURE AGENDA ITEMS

6. ADJOURNMENT

*Attachment included

cc: S. Nelson (Telegram) UW-Extension Staff Sheldon Johnson (Recycling) County Board
Ann Doucette Kaci Jo Lundgren Ashtin Gronning

Agenda Continues (Page 1 of 2)

NOTE: Agenda and attachments available on www.douglascountywi.org or in County Clerk's Office. Action may be taken on any item on the agenda. The County of Douglas complies with the Americans with Disabilities Act of 1990. If you are in need of 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. TDD (715) 395-7521.

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

Emily Cahice

Name

8-9-23

Date



Extension

UNIVERSITY OF WISCONSIN-MADISON
DOUGLAS COUNTY



Douglas County Extension Education & Recycling Committee Report – August 16, 2023



Area Extension Director
Mary Pardee

Updates

- ▷ Completing mid-year reviews for staff. Any performance-related feedback from county leadership can be provided to me at any time.
- ▷ The Finance Department updated our office on carryover funds, some of which date back many years. We have been using some of the funds for professional development and curriculum/supply purchases.
- ▷ Approved funding from the City of Superior for youth development was reduced from \$5,000 to \$2,500 in the latest grant application. This was in Extension's 2023 budget as \$5,000 in revenue.



4-H Youth Development
Katie Stenroos

- ▷ Co-planned and implemented a three-day **4-H Summer Camp** that combined Douglas, Burnett and Washburn youth ages 8-11, with older youth serving as camp counselors. Douglas County sent 12 campers and 5 camp counselors.
- ▷ Provided two in-person training sessions for 4-H summer camp counselors to plan camp activities and teach them how to ensure a safe and engaging camp experience for young campers.
- ▷ Provided educational activities for youth in collaboration with the City of Superior Parks and Recreation at six **Summer Parks Program** sites.
- ▷ Provided 4-H members and volunteers with **Head of the Lakes Fair** preparation and information. Supported the 4-H Leaders Association in youth building cleaning, project set up and the youth poster making session. Assisted with the 4-H horse show.
- ▷ Organized the Douglas/Washburn **4-H Outpost Camp** where middle and high school-aged youth participated

in environmental education while cooking over campfires and sleeping in treehouses. Of the 12 outpost campers, 10 were from Douglas County.

- ▷ Attending a 3-day training to become a **Youth Mental Health First Aid Facilitator**. This certification will enable me to teach parents, teachers and others how to help an adolescent who is experiencing a mental health or addictions challenge or is in crises through a 5-step action plan.
- ▷ Establishing a **new 4-H community club** in the City of Superior with assistance from engaged volunteers and parents.
- ▷ Planning and prepping for fall 4-H activities including **Afterschool 4-H**, the new enrollment season, and the 4-H Achievement Night.
- ▷ Preparing to recruit and train **new youth representatives** to the Douglas County Board of Supervisors.



FoodWise
Julie Montgomery & Tarah Nichols

- ▷ Completed eight 2-hour **Teen Cuisine** cooking lessons with 25 students at Superior Middle School, where students learned cooking basics and made a recipe each session.
- ▷ Completed **Summer School** lessons at Northern Lights School.
- ▷ Met with garden donation site patrons to gain input into produce grown.
- ▷ Provided state **Strong Bodies** strength and balance virtual classes.
- ▷ Visiting **Parks and Rec Summer Meal Sites** to make connections with students and provide nutrition education activities (Hammond Park and Wade Bowl).
- ▷ Attended and co-led a Strong Bodies Leader Training in Rhinelander.
- ▷ Attended a regional meeting of FoodWise coordinators and educators in Merrill.
- ▷ Planning for Fall classes in the classroom and virtual Strong Bodies series.
- ▷ Supporting **community gardens** volunteers and Growing Together Wisconsin grant recipients.

- ▷ Updating quarterly Action Plan with Regional Program Manager and planning for FY24, which begins on October 1.



Human Development & Relationships Tracy Henegar

- ▷ **Conscious Discipline** – a 10-session evidence-based blended parent/caregiver social/emotional workshop series, where participants complete a self-paced online session followed by an in-person discussion and application group offered in partnership with Family Forum Head Start.
 - 16 participants registered; 11 participated.
- ▷ **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. QPR Gatekeepers are trained to recognize the warning signs of a suicide crisis and to respond in order to save a life.
 - Facilitated 1 session for School District of Superior Coaches & Activity Advisors
- ▷ **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 statewide collaboration.
 - Co-facilitated 4 of 6 virtual sessions of Teen Triple P - 37 registrations local & statewide
- ▷ **WeCOPE** – a six-week virtual interactive program that helps adults cope with life stress. WeCOPE has been shown to reduce stress and depression, increase positive affect, and improve health behaviors.
 - Wrapped up a 6-week virtual program, offered statewide. 20 people registered; 4 from Douglas County

Other Programming Highlights

- ▷ Continuing to partner with Douglas County Health Department to provide **Just In Time Parenting** to parents with children birth-6 years old. So far in 2023, we've sent out approximately 130 postcard invites to new parents.
- ▷ Prepping for fall outreach to Family Forum Head Start, Superior School District and the Superior Library to distribute **Parenting the Preschooler** and **Money Smart in Head Start** parenting newsletters.
- ▷ Coordinated a social media campaign for BIPOC Awareness Month.
- ▷ 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.

Professional Development

- ▷ Participated in online training on the new *Rural MHFA* curriculum and the new *Tribal YMHFA* curriculum.
- ▷ Participating in a training series on *Systems Approaches for Healthy Communities*.
- ▷ Participated in refresher course on Compassion Resilience.
- ▷ Participated in *Introduction to Protective Factors* workshop to explore the viability of bringing this new training opportunity to our community.

Upcoming Fall/Winter 2023 Programming

- ▷ **Mental Health First Aid (MHFA) / Youth Mental Health First Aid (YMHFA) / teen Mental Health First Aid (tMHFA)** - an evidence-based skills training course that teaches participants about mental health and substance-use issues. Being offered virtually statewide, as well as in person upon request. **Currently scheduled upcoming programming includes:**
 - 8/18 – Statewide virtual YMHFA
 - 8/24 – In Person MHFA in partnership with NAMI
 - 9/22 – Statewide virtual YMHFA
 - 10/2, 10/4, 10/6 – Superior High School tMHFA
 - 10/28 – In Person YMHFA in Washburn WI
 - 11/9 – In Person MHFA in Cook County
 - 11/17 – In Person YMHFA in Cook County
 - 11/30 – In Person YMHFA at UWS
- ▷ **Planning AHEAD** – a 7-session research-based program designed to help participants understand how to prepare for the end of life for themselves or a loved one, and why it's important to have a plan in place. Being offered in a blended format with the option to participate **virtual or in-person** in Washburn WI – **Tuesdays, Oct. 3rd-Nov. 7th**
- ▷ **QPR Gatekeeper Suicide Prevention** – Available upon request
- ▷ **Transition Triple P – Positive Parenting Program**® - for parents who are experiencing personal distress from separation or divorce, which is impacting their parenting. Being offered **5 Monday evenings in Oct.**
- ▷ **WeCOPE** – a six-week virtual interactive program that helps adults cope with life stress. WeCOPE has been shown to reduce stress and depression, increase positive affect, and improve health behaviors. **Dates TBD**
- ▷ **Youth Wellness Summit** – This pilot offering is being designed to offer middle school students a leadership development conference experience focused on wellness. **Nov. 15th, 2023 at UWS**



Office/Media Associate Ellen Chicka

▷ Office Management

- Submit invoices/payments to the county for payment/receipt
- Ordering office supplies and replacing equipment as needed
- Converted and updated Extension website to new Block Editor format
- Update social media with events, flyers
- Updating e-lists and creating new email blasts on UW-Madison EMMA system
- Canner testing-send out information, get our device tested, prep handouts
- Update business cards/letterhead/envelopes, etc with new UW fonts
- Google Analytics-working with Extension to interpret our usage of website, social media, etc.

▷ Professional Development

- Training for block editing on the UW-Madison Extension website
- WeCOPE class with Tracy

▷ For 4-H Educator

- Worked on the August newsletter and distributed it to the 4-H members
- Approve new youth registrations on the 4-H online system
- Help with July youth camp and August outpost camp registration

▷ For Human Development and Relationships educator

- Create flyers, social media posts, send out materials and handle registrations for:
 - QPR Suicide Prevention Training Classes
 - Triple P Positive Parenting Class 0-12, create certificates for class participants
 - Prep Triple P Teen July/Aug class
 - Mental Health First Aid classes-local in person-ordered food, took care of registrations, etc.
 - WeCope summer class
 - Conscious Discipline class
- Added BIPOC Mental Health Month posts to social media (July)

▷ For FoodWise Educators

- Update articles for Bi-Monthly Senior Connections newsletter
- Assist with materials, social media for Around the Table Summer class

- Flyer and registration for Head Start Cooking with Kids Class

▷ HCE

- Created Monthly Newsletter and printed for mailing
- Keep track of names for registration to events



Extension

UNIVERSITY OF WISCONSIN-MADISON
DOUGLAS COUNTY

715-395-1363

douglas.extension.wisc.edu

facebook.com/ExtensionDouglasCoWI

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

Kelly Peterson

Mike Streveler

Charlie Glazman