



# YOUTH M.O.V.E. NC MONTHLY NEWSLETTER

October 2018

FALL in love with our new building  
No Tricks-New Home Is A Treat



*Mr Harichak V30+)*

# From The Ashes We Rise

Like the phoenix, we rise from the ashes. After the fire that occurred in July that burned down North Carolina Families United's building, we spent the last two months working remotely. Unfortunately, that meant a slow period for Youth MOVE NC, however, we now have a new building that is very nice (see picture below ) and we can't wait to get back into the swing of things! We plan to have a Youth Move NC meeting within the next month, and we hope that you all will join us in our plan to rebuild and continue to grow!



We are now located at  
795 Boone Station Dr.  
Burlington NC 27215!



# It's Fall, Y'all! So don't be SAD

Pumpkin Spice lattes, Hay rides, trick or treating, fun traditions... Fall is a great time of the year. Whether you enjoy dressing up for Halloween, or inviting friends and loved ones over for Thanksgiving, there are plenty of fun things to do during this time of year. However, for many people, with the shorter days and less daylight, seasonal affective disorder- or SAD- also brings depression, mood swings, lower energy or loss of appetite, among many things. The National Institute of Mental Health (NIMH) suggests getting more Vitamin D (along with sunlight) and seeing your doctor or therapist if you start to feel sad or moody. Just remember, it's NOT uncommon, and you don't have to go through it alone. Some of the best treatments for any type of depression is to be around the ones you love, and do things that are fun and make you happy! It's a great time of year to do all kinds of fun activities, and we don't want you to miss out! For more information on SAD, please visit NIMH online at <https://www.nimh.nih.gov> or visit your doctor or therapist!



**Please contact either Kyle or Lacy any time with questions!**

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# Another fantastic leadership series

What does it take to work together effectively as a team? How can we become culturally competent and what does it mean to be an ally? How do we take care of ourselves with our wellness recovery action plans? How do we understand and take care of our own mental health and the mental health of others? What does it mean to be a support to our peers? These were all topics that we tackled head-on over the course of 5 weeks with nearly two dozen young adults and participants in our annual youth leadership series. In fact, this summer we provided trainings for youth and young adults- between the ages of 13 and 24- on these crucial skillsets, and we have seen amazing growth in the youth who participated and have had great success overall. The youth who participated not only left these trainings equipped with a toolbelt of invaluable knowledge and skills that will help them continue their own successes, but they also left better leaders, and we cannot wait to see how they utilize their newfound skills and knowledge in their own lives, in their communities, and through the advocacy work and opportunities Youth M.O.V.E. North Carolina and North Carolina Families United provides on a daily basis. It was truly incredible to see Youth Leadership Series Alums, such as Logan and Latasha- who are now Youth Move NC President and Vice President, step up and take leadership roles and even help facilitate a few trainings. It was amazing to witness youth meet new friends, confide in one another, and create lasting relationships with their peers. It was a privilege to be apart of an opportunity for growth for these youth, not only individually but as a group and with each other. It was these outcomes that truly motivates us to do the work we do, and to provide opportunity and experience to help impact the next generation of leaders.



*MrHarichak V30-.)*