



**Minnesota Women of Today
2022-2023 Winter State CIP
Youth of Today
“Let Them Bloom”**

Sue Lemke
yt@mnwt.org
www.mnwt.org



Hello Minnesota Women of Today members.

It’s hard to believe that this will be my last CIP I am writing. I would like to thank everyone who has supported our youth’s mental health so far. However, I would like to remind you that it’s not time to quit as we will be starting our third trimester. If for some reason you feel you haven’t done what you wanted to do now is the time, it’s never too late.

As the Youth of Today State Program Manager, I am still offering an incentive of being put in a drawing if you donate \$25.00 to the Scholarship fund. This can be done by your Chapter, District or individually. Also, if you know of an individual or business who would like to support our youth this would be a great way. If you collect any donations from someone else you can turn it in and get put in the drawing. Scholarships can help the mental health of a youth tremendously.

I also want to remind you that I have a goal of 50% of chapters to do a project in the Youth of Today area. If a chapter does any project, they will be put in a drawing for a \$25.00 basket and because my emphasis is in the area of mental health if your project pretrains to improving mental health in your area you will be put in the drawing twice. If your Chapter hasn’t let me know please do it this trimester.

Remember this is the time to finish strong. Everything helps our youth and “Lets them Bloom.” Thanks for all you do.

In friendship,
Sue

Nominations for Outstanding Youth Award: Thanks to all the Chapters who nominated a youth for this award. They all were outstanding candidates and all were worthy of being nominated. Each Chapter who nominated someone was put in a drawing. The winner was announced at the Winter Business News. If you are interested see it in the minutes. All who had a nomination has been notified if they have been selected or not. All other members have to attend the Banquet to see the great accomplishments of the winning nominations. Again, thanks for the wonderful nominations I received.

Inside this Edition

- Greetings
- OYA Fund
- Facebook Postings
- Incentives
- Annual Convention

Important Dates

- Project of the Tri and Outstanding LPM due
May 3, 2023
- Programming Report May 3, 2023
- Annual Convention May 19-21 2023



**Minnesota Women of Today
2022-2023 Winter State CIP
Youth of Today
“Let Them Bloom”**

Sue Lemke
yt@mnwt.org
www.mnwt.org



OYA Scholarship Fund: The foundation has a fund so we are able to give scholarships out annually. I have a goal of adding t \$1000.00. to this. So far, I have done a basket raffle, a candy guess, the grab and go breakfast. However, I have not met my goal please help me and this wonderful cause. If fundraisers are not your thing an individual, chapter, or district can make a cash gift to OYA of any amount. All donation of \$25 or more will be entered into a drawing for a special gift at the end of the year.

Help Youth Bloom: This trimester, I would like you to think about how you can help someone that is struggling with Mental Health. Many children face challenges every day that stay with them for a lifetime. It is up to us to help them deal with it as positive as possible. Doing a noncompetitive project is an excellent way to work with mental health as anxiety can be caused by winning and losing Having participation awards qualify as a Mental Health aspect as it considers everyone’s effort and individuals do not feel bad. Anything that focuses on children’s wellbeing would qualify as a mental health project. If you still can’t think of anything there is a list below. However, this list is only suggestions and any project done can be equally important. Any project is good. Every Chapter that holds or participates in a Youth of Today project will be put in a year end drawing but if you do a project that Mental Health was considered you will be put in twice. Here is that list.

1. Partner with your school or PTA to find out what they feel you could do and work to accomplish a goal
2. Donate magazines to a mental health organization. Many use them for collages when working on feelings
3. Send a card to each class or a group of students telling them how important they are.
4. Have a speaker for your community regarding Youth Mental Health
5. During the summer or days off make sure that children are getting a meal.
6. Have activities that have no winner or losers or make sure each child receives something.
7. Participate in Unity Day. This is typically held the 3rd or 4th Wednesday of October because that is bullying awareness month.
8. Hold a fundraiser to buy books or other equipment for your school, preschool or other organization.
9. Have a mental health activity fair. One station could be on feelings, one station could be on journaling, another station could be on their positive attributes. There are many things that could be done.
10. Do something for a family with a disabled child.
11. A project that does not promote competition where children are pitted against each other.
12. Any project that helps a child or young adult feel good.



**Minnesota Women of Today
2022-2023 Winter State CIP
Youth of Today
“Let Them Bloom”**

Sue Lemke
yt@mnwt.org
www.mnwt.org



Grab & Go Breakfast: Thank you to anyone who purchased an item from the Winter Grab & Go Breakfast. Hopefully you liked it. All funds raised will go towards the Scholarship funds.

Facebook Are you following the MNWT Programming Facebook page? If you have not liked this page, I encourage you to give it a like. You will receive useful information regarding programming. This is a shared site by all the Programming areas. There is a schedule if you are looking for specific details for each area. Saturday and Sunday the Programming Vice President will post, Monday the Community Connections SPM will post, Tuesday the Living and Learning SPM will post, Wednesday the Priority area Crescent Cove SPM will post, Thursday the Women Wellness will post and I will post on Fridays Youth of Today happenings. Please send me pictures of Youth of Today activities and projects so I can post for the whole state to see what you are doing. Please feel free to share posts to your individual pages so we can share our fun with others.

Sue’s Challenges There are 4 ways to win a special gift from me!

1. Make a donation of \$25 to the Scholarship fund.
2. Nominate a Project of the Trimester and/or Outstanding Program manager (drawing for each)
3. Do one project in the area of Youth of Today this year and let me know what it was. If the project helps youth with Mental Health, you get two chances
4. Let me know your favorite part of the CIP a small gift will be put in the DD bags.

ANNUAL STATE CONVENTION
MAY 19-21, 2023
ARROWOOD RESORT ALEXANDRIA

Programming Success Points Chapter Information Packet (CIP) for this trimesters Bonus SUCCESS Point Information." See MNWT Presidents CIP

A Program Area Article



**Minnesota Women of Today
2022-2023 Winter State CIP
Youth of Today
“Let Them Bloom”**

Sue Lemke
yt@mnwt.org
www.mnwt.org



Dial 988: What You Need to Know About the FCC's New Suicide Lifeline
BY JAMES CROWLEY ON 7/16/20 AT 1:20 PM EDT

The FCC just adopted rules to establish '988' as the new, nationwide, 3-digit phone number for the suicide prevention and mental health hotline.

According to a press release, the new regulation will require every phone service provider in the United States connect people to the National Suicide Prevention Lifeline if they dial 988.

The new regulation requires service providers to make the changes over the next two years, acknowledging the challenges of the change and the predicted uptick in calls to the National Suicide Prevention Lifeline. During the two-year period, Americans seeking help for suicidal thoughts should continue to call the lifeline's 1-800-273-TALK number. Providers will be required to have the transition complete by July 16, 2022. The 800-number will still be available after the transition is completed.

In a statement, FCC Chairman Ajit Pai said that making the number easier to access is critical. "Suicidal thoughts don't inevitably lead to action. Help is available, and it can be effective. For example, the Lines for Life crisis center in Portland, Oregon reports that its counselors can de-escalate 95% of suicide-related phone calls without the intervention of emergency services," Pai said. "This is why the FCC's action today is so important."

Likening 988 to 911, Pai said the three-digit number "will make it easier for Americans in crisis to access the help they need," and said that research supports the claim. "Indeed, experts predict that it will result in millions more Americans receiving the intervention services they desperately need. And when more Americans receive these services, we know that more lives will be saved," he said.

Pai said that the Departments of Health and Human Services and Veterans Affairs will do their parts in spreading the word about the new number and help operators prepare for the anticipated uptick in calls.

The number was first proposed to the FCC in December 2019 to "help ease access to crisis services, reduce the stigma surrounding suicide and mental health conditions, and ultimately save lives," according to a press release. In August 2019 report, the number first came about, following Congress passing the "National Suicide Hotline Improvement Act of 2018."

In a statement, the Lifeline's administrators, Vibrant Emotional Health, called the designation a "vital step forward" in helping those facing mental health issues and will help to save lives. It also called on Congress for further necessary assistance. "America now needs Congress to act on final passage of The National Suicide Hotline Designation Act, which will provide the funding



**Minnesota Women of Today
2022-2023 Winter State CIP
Youth of Today
“Let Them Bloom”**

Sue Lemke
yt@mnwt.org
www.mnwt.org



mechanism, authority and infrastructure needed to make 988 available across the country," the organization said in a statement.

If you have thoughts of suicide, confidential help is available for free at the National Suicide Prevention Lifeline. Call 1-800-273-8255.

The line is available 24 hours every day.

