



Treasure Talk

Caregiving Youth Project Newsletter

The Caregiving Youth Project helps identify, recognize, educate, and support students who care for chronically ill, injured, elderly, or disabled family members. This allows caregiving youth to achieve success, have fun, and make new friends, while promoting academic and personal growth.

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[National Alliance for Caregiving](#)

[National Multiple Sclerosis Society](#)

[Guide to Alzheimers Disease](#)

[UK Young Carers Initiative](#)

www.bam.gov

[Caregiver Action Network](#)

www.netSMARTZ.org

www.afateens.org

www.kidsarecaregiverstoo.com

Bookendcaregivers.web.unc.edu



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Join Our Mailing List!

**LET'S GET SOCIAL
ON INSTAGRAM!**

Issue: #136

September 2019

Dear CYP students,

Almost everyone says that the challenges we face in life make us stronger and build character. Sometimes I wonder, and perhaps you do also, how much more character do I need to build? Overcoming a difficult time becomes easier when you are not alone! With support you receive through the CYP team, you and your family learn you are not alone. Let us be sure to reach over to those who may feel they are by themselves during difficult times, including our friends from the Bahamas. Let others know they are not alone, whatever tough times they may be facing.



Connie Siskowski,
RN, Ph.D. Founder
and President

MICHELLE'S CAREGIVING TIPS

Hi CYP Friends!

September is National Suicide Awareness month. Here at AACY we recognize the importance of both mental and physical health; often they go hand in hand. Have you ever noticed that when you're really stressed or depressed you can get headaches, back aches and even stomach pain? That's because physical symptoms of stress are real. Sometimes we may not even realize the how stressed we are until we begin to feel this physical pain. Maybe you're having trouble falling asleep at night? This may be caused by too much stress and not checking in with yourself.



So how do we know when it's time to take a breather and give ourselves a mental break? Recognize signs and symptoms so you are aware and can help prevent it next time. These symptoms can be different for everyone. Keep track of your mood on a monthly or daily basis by writing in a journal.

Scan the QR code below to join CYP's Instagram account! Be sure to follow us, comment, like, and re-share our posts! Join us at @cyphearts

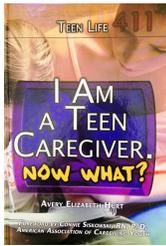


Now that we know it's important to check in with ourselves regarding our mental health what do we do about it? We know we cannot avoid stress all together, but we can make sure it does not get out of hand and cause a major disruption in our daily lives.

Keep talking about it! Find some one you trust who uplifts you and let them know when you're not feeling yourself. This could be a friend, a guardian, a counselor or even your CYP Family Specialist! Also, check in with your friends, if they don't seem themselves let them know you are there for them.

And if you or anyone you know is contemplating hurting themselves please call The National Suicide Hotline 1-800-273-8255 .

RESOURCE BOOK CHECK IT OUT



In their 411 series, this is the latest book to help teens who are hidden heroes as they take on adult roles to

provide caregiving for ill or disabled family. Dr. Connie wrote the foreward to I Am A Teen Caregiver. Now What? by Avery Elizabeth Hurt. Available on Amazon now or ask your school librarian.

SCHOOL SPOTLIGHT

AACY likes to thank and recognize people at our schools that go above and beyond to assist in making the Caregiving Youth Project a success. Students who are supported in their caregiving roles are more likely to attend school, get good grades, know they are not alone and most importantly, graduate!



AACY would like to thank Ms. Karl, Principal Slack and the entire staff at Boca Middle School for their ongoing support and assistance in making the Caregiving Youth Project a success within in their school. Ms. Karl set up an amazing meeting early this year with the Principal, School Counselors and the Behavioral Health professional to educate them about what youth caregivers do and why support is needed. She also participates on our CYP Advisory Council, sharing great ideas on ways to provide supportive services within the school. Kudos to you all and keep up the good work. This is the 13th year the CYP is at Boca Middle School!

POISON HELP 1-800-222-1222

Don't Guess. Make the Call.



Professionals on this free hotline can answer your questions about medications you are giving, including "Have I given too much or too little?"

WELCOME LATONYA

Hello! My name is Latonya Sims. I was born and raised in Boca Raton Fl. I am the newcomer at AACY and I am joining the CYP team as Care Manger. I received my undergraduate degree of Criminal Justice from Bethune Cookman College located in Daytona Beach Fl. I am currently working on my Masters Degree in Human Services from Capella University. My background and experience is working with children and their families as I have worked with the



Department of Children and Families for 13 years. It is my pleasure to work for an agency such as AACY, an agency that provides a rewarding outcome for children and their loved ones.

FREE SUPPORT AT YOUR FINGERTIPS, 24/7

CRISIS TEXT LINE |

Crisis Text Line serves

COMMUNITY PARTNER - SHOE'S FOR CREWS



anyone, in any type of crisis.

They provide access to free, 24/7 support and information via the medium people already use and trust: text.

Here's how it works:

1. Text HOME to 741741 from anywhere in the USA, anytime, about any type of crisis.
2. A Crisis Counselor receives the text and responds quickly.
3. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.

Cost - the service is completely free, but messaging rates apply if you're NOT on Verizon, Sprint, AT&T, or T-Mobile.

Check it out

ARE THERE ANY VETERANS IN YOUR FAMILY?



PBC has services that might be of assistance to your family.

Learn more here

Another resource is VeteranAid.org. Which offers detailed information on a Veteran's pension benefit called Aid and Attendance (A&A). If a Veteran requires assisted living care in a community or at home, A&A gives the information they need to apply for this benefit for free. Senior Veterans and spouses use this benefit to help them afford quality home care.



Shoes for Crews makes carefully crafted footwear that also looks fresh and feels great so their customers can walk into work knowing their shoes are built to withstand demanding conditions.

Students, who participate in a medical or culinary program at school will have an opportunity to go shopping at Shoes for Crews! They treated caregiving youth to tote bags at Camp Treasure this summer and then collected school supplies and backpacks for this years school year.

Shoes for Crews recently moved their Headquarters to Boca Raton and is a new community partner for AACY. Thank you again for your generous donations! Check them out at www.shoesforcrews.com

WELCOME FAU INTERNS

Hi my name is Vania! As of right now, I'm in my first year in the Masters of Social Work program at Florida Atlantic University and I'm one of the interns at AACY for this year. I have a bachelor's degree in Political Science and have a great interest in policy work in order to better the lives of many. It's an honor and a privilege to be able to work and learn alongside all of the social workers here at AACY. As I spend my year here, I'm excited to acquire all the important knowledge from all of those that make this special agency work so smoothly. During my free time, I love spending time at the beach, being outdoors and being active, and spending time with my family and dogs.



Hello, my name is Autumn and I am currently completing my Masters in Social Work at Florida Atlantic University. I am one of the new interns here at AACY. My passion is to help children however they need and within this nonprofit organization I get the opportunity to fulfill my dreams. I love everything the AACY does for children such as provide counseling, tutoring, respite and so on. I can't wait to learn and grow from my experiences here and I am so

thankful to have this opportunity working with youth caregivers. In my free time, I like to surround myself with my family and friends either playing board games or spending the day at the beach.

QUOTE

"Happiness can be found in the darkest of times, if one only remembers to turn on the light." From: Harry Potter

Sincerely,
Gerry Fallon
Editor
American Association of Caregiving Youth

NonprofitsFirst
ACCREDITED

