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| **Communities build what they dream. Families get what they need. Children thrive.** |

Present: 26

**AOK Network Meeting Notes:**

* Introductions
  + What are you looking forward to in the new year?
* Workgroup Updates:
  + *Food Resource & Access:* 
    - Community Garden for 2023: volunteer hours
    - Food resource guides
    - Sites to find local food resources:
      * <https://eat-move-save.extension.illinois.edu/>
      * <https://riverbendfoodback.org/findfood/>
      * <https://freedge.org/freedge-yourself/>
  + *Health & Wellness*
    - ECMH Kits: one spring, one summer
    - Expectant parent mental health kit
    - ECMH event at Community Garden
    - Cultural Eating Event
    - HEALNL event at community garden spring/summer
  + *Learning through Play*
    - Hug-A-Book Events
    - LTP planting seedlings
    - Take home sensory kits: indoor and outdoor
    - Parent group: support group, parent cafes, single mom group
    - Collaborating as a network for Week of the Young Child
* 2023 AOK Events
  + *Collective learning event with speakers*
    - Another event this year
    - Last year – COVID Kids
    - Shared through network – available to everyone
    - Previous propositions:
      * Child mental health
    - Current propositions
      * Maternal disparity – racial dive in maternal care and outcomes
      * Workforce recruitment/retainment – How do we address these issues?
  + *Lunch and Learn Event Topics*
    - Workforce recruitment/retainment
    - Doulas
    - Birth to Five Illinois – Action and Family Council information
    - Information about local companies/agencies – helps with referrals and recommendations (Early Head Start/SAL)
  + *Resource Fair*
    - Last year in June – overlapped with other holiday wasn’t as big of a turnout as hoped
    - Potential 2023 Date: April 1st (Saturday) to kick off Week of the Young Child activities
    - Location possibilities: Spirit, Mind, and Body Center (YMCA), Mercado on Fifth Center, Esperanza Center
    - Start planning now for advertisement and scheduling purposes
    - Social media campaign for Week of the Young Child and resource fair events
    - ROE will be having a resource fair this year after not having one past couple of years due to pandemic
    - Traveling resource fair – possibility
* Network Updates:
  + More representation in Steering Committee – feel free to sign up
  + Presentations from partners during Network meetings
    - Presentations could be about your program or a topic that you specialize in
  + Don’t forget to request yellow pages or food resource guides – we still have numerous to hand out to the community members that need these resources
* Parent Ambassador Update
  + Flyer made
  + Position Description made
  + Survey made
  + Looking for two parents within the community who have children birth to five to help advocate for other parents (parents as partners)
  + Stipend available for parent ambassadors
  + If you know of people who are interested or know of potential candidates send them my way! Contact Autumn Glass at [autumng@foreverychild.org](mailto:autumng@foreverychild.org) or 309-736-7170 ext 130
* Partner updates:
  + *QCON:*
    - Still interviewing for open position(s)
    - Zero Suicide – 16 people trained to train their organizations as well as coordinate their own trainings to bring knowledge to the community
      * Changes the way we talk about mental health
      * Information and referral process is a struggle particularly with mental health
      * Ideal to have a clear streamline path for referrals regarding mental health to lower the suicide rate and bring awareness to mental health
  + *Safe from the Start:*
    - Fully staffed for the first time in awhile
    - Newest Play Therapist is Lauren – specializes in Art Therapy
    - If you have any referrals to make to help build client base send them to [catherineb@foreverychild.org](mailto:catherineb@foreverychild.org)
  + *Community Education*
    - Parent volunteers for parent support groups needed
  + *Early Head Start*
    - 168 slots usually however with new program 15 new slots are available – new program is located in East Moline
    - Literacy Event – February 14th – Avenue of the Cities in Moline
    - New program for Skip-A-Long in relation to their PI (prevention initiative) program
    - Interested in presenting a vision for upcoming year (Lunch and Learn)
  + *CASA (Court Appointed Special Advocates)*
    - New Training starting this weekend – Weekend Warrior
      * 30 hours of training in two weekends
      * Have 6 people attending
  + *University of Illinois Extension*
    - Winter Wellness February 25th @ Singing Bird Lodge in Black Hawk Park
    - To promote hygge – cozy feeling
    - Had presentations and booths last year
    - This year focusing more on a booth set up
    - Tayler and Mitchell will send out more information about this soon
    - Outdoor scavenger hunt with tokens to collect and a soup kit upon token collection
    - Also will be fully staffed with snap-ed department
* Presentation: University of Illinois Extension – Snap-Ed by Tayler Louscher and Mitchell Walker
  + *What is University of Illinois Extension?*
    - Research taken at the university level and implemented in all 102 counties in Illinois
    - Address multiple sectors at once
    - University of Illinois Extension primarily works in Rock Island, Mercer, Henry, and Stark Counties
  + *Illinois Nutrition Education Programs (INEP)*
    - Provide nutrition education to individuals and families in communities
    - Nutrition security as big of a problem as food scarcity
  + *Social ecological model*
    - Good framework for social wellness
    - Snap-Ed focuses on the policy, environment, and community levels
  + *Opportunities for Partnership*
    - Variety of options
      * Food access and nutrition security
        + People need access to **quality** food
      * Serve on committees and coalitions
      * Help with self-assessments to support program planning
      * And so much more
  + *Riverbend Food Bank*
    - Working closely with RBFB
    - Ensuring they have more nutritious food items available to families and individuals who come to their food pantry
    - Adopt nutrition policy that follows various cultures and diversities within community
    - Survey was distributed and focused on four main groups
      * People living in rural areas
      * People of color
      * Immigrants or Undocumented citizens
      * People of Spanish descent
    - Wrote nutrition policy based off of survey responses
  + *Floreciente Community Garden* 
    - Writing grant to get funding for garden
    - Run by people in the neighborhood and benefits people in the neighborhood (Floreciente)
    - Recently started community garden committee
    - Good opportunity for more than just a garden
    - Committee meetings for the garden start up in February
    - A lot of growth and opportunity
  + *Go NAP SACC (website)*
    - Certified technical assistance providers
    - Different categories that focus on health and wellness
    - Helps to come up with a plan at agencies and organizations
  + *Staff trainings*
    - Gateway approved
    - Trainings available:
      * Healthy mealtimes, etc
  + *Eligibility Requirements:*
    - Operate on federal grant
    - 50% or more of CACFP
    - 50% or more of families receive help with childcare through CCAP, etc
  + *Family Programming*
    - Get kids excited about eating healthier and gives parents the resources to do so
    - Eat, Play, Grow
      * Designed for children and their caregivers
    - Eat. Move. Save Booths
      * Interactive booth at events with recipes to share, games for kids, etc.
  + *Adult Programming – Family and Adult Direct Education*
    - CREATE Better Health
      * Adult cooking curriculum
      * Helps families be creative with food
      * Has easily accessible ingredients