



"THRIVING YOUTH: NURTURING MINDS AND BODIES" KAY CLUB NEWSLETTER

SEPTEMBER 2024



LET'S MAKE A DIFFERENCE
Together

Sunflower Health Plan is partnering with KAYAN to support a program called **Thriving Youth: Nurturing Minds and Bodies** for all KAY Clubs across the state. The mission of **Thriving Youth** is to inspire students nationwide to live healthier lives, both mentally and physically and create cultures where we educate on issues of importance. This year's project is focused on awareness of 988 services to support mental health; and education on the dangers of vaping. Clubs will be offered resources to engage in school service projects on these two topics.

WHAT IS 988?

The 988 Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in need including those in suicidal crisis or emotional distress. The line is available 24 hours a day, 7 days a week in the United States.

Resources for Projects:

<https://988lifeline.org/help-yourself/youth/>
<https://hqkansas.org/>

Request for Materials and Trainings through HeadQuarters Kansas:

<https://hqkansas.org/request-for-materials/>
<https://hqkansas.org/training-request-form/>

DANGERS OF VAPING

Resources for Projects:

<https://www.kdhe.ks.gov/1799/Youth-Tobacco-Use-Prevention>
<https://ks.mylifemyquit.org/>

Request for Materials:

https://kdheks.co1.qualtrics.com/jfe/form/SV_41SKOpmJzRYm4n4

PROGRAM OPPORTUNITIES

Participation in **Thriving Youth** projects is not required but does provide KAY clubs with many valuable lessons and experiences. Each club has the opportunity to **EARN \$100** for participating in at least **2 PROJECTS** during the school year that are targeted at one or both of these topics.

Clubs may either create their own projects or actively support an existing project the school has to support education on 988 and the dangers of vaping. The report submitted must show how the club led or actively engaged in the project.

Clubs must obtain any required permission from their school administration.

PROJECT TIMELINE

- 07/23/2024** – Presentation at KAY Leadership Camp
- 08/29/2024** – Email and Newsletter to Club Sponsors
- 09/16/2024** - Presentation at Sponsor Session
- 04/15/25** – Report Form for completed projects due to KAYAN
- 05/01/25** – Notification Letter & Check mailed to qualifying clubs



QUESTIONS

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