

YOUTH ADVISORY BOARD (YAB)

May 19, 2024

MEETING MINUTES

Welcome and Introductions, Katarina Domitrovich, NDHHS

- Board introductions

Guest Speaker: Peter Dux, Northern Lights Pulse

- Northern Lights was initially developed as a non-profit organization and oversaw Students Against Destructive Behaviors (SADD), in ND, SD and MN.
- In 2021, they split from SADD to focus more on targeted programs and resources for youth and young adults.
- Current focus aims to open lines of conversation on a broad array of topics.
- Peter presented the Northern Lights Pulse webpage, which was created for teens and young adults to find resources that were as unbiased as possible.
- The website includes 8 categories of content:
 - Who Am I, The Person in the Mirror, Adults Who Care, Making Choices, My Circle, Making A Difference, Who Are They, Bouncing Back.
 - Northern Lights Podcast that includes topics on self-identity, social media, resilience, service leadership, finding passion, teen nutrition, mindfulness, financial planning, vaping, mental health and time management.
 - News Page that features articles related to youth and community.
 - Blog that accepts article submissions from teens and offers anonymity for contributors.

Discussion: Grant Project, Education Topics, Meeting in Summer

- Last year, this Board received \$20,000 from the Public Health Infrastructure Grant, which was used for the Gateway to Health Event. The idea for this year is to expand on that event. There will be a walk on August 9th and then a Gateway to Health Event on August 10th.
- This year and for the next three years, the Board will receive \$10,000 from the PHIG grant. The caveat is that this will need to be spent by November. Therefore, the proposal would be to allocate \$10,000 of the grant to support the walking event.
- The group voted yes to the proposal, so we will proceed with the Step into Health walk event.

Next meeting and closing

- Katarina will send out a doodle poll for summer dates for the next meeting.
- Katarina will contact Behavioral Health to see if we can do a Narcan training at one of our upcoming meetings.

In Attendance

Katarina Domitrovich	Ellie Ahlfeldt
Peter Dux	Ariel Bahn
Ada Dachtler	Ashton Hollingsworth
Andrea Duah	

