

# YIC WEBINAR SESSION TWENTY-FOUR

May 18, 2022

Utah State Board of Education (USBE) Youth In Custody (YIC) Program



## AGENDA

- **Welcome, Mindfulness Moment and Introduction of Presenters** – Amanda Charlesworth, USBE-YIC Program Specialist
- **Connecting Students to Community Resources** – Clarissa Stebbing, USBE - Prevention Specialist
- **Grit and Resilience** – Julia Armstrong, YIC Education Specialist

## MINDFULNESS MOMENT



### **Mindful Month**

Week 1: Meditate or have alone time once a day

Week 2: Start a new bedtime routine – phone free 30 minutes before bed

Week 3: Give a family member or pet undivided attention daily

Week 4: Write down 3 things to be thankful for that happened during the month



# CLARISSA STEBBING

## USBE Prevention Specialist

Clarissa is a prevention specialist for the Utah State Board of Education (USBE) where her work is primarily focused on substance use prevention. Prior to joining USBE, she spent 11 years working at a non-profit organization where she coordinated community and school-based mentoring programs. She also has experience working at a substance use disorder treatment center for adolescents. She is a certified health education specialist (CHES) and her passion for health and wellness led her to graduate school at the University of Utah where she received her M.S. In health promotion and education.

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## JULIA ARMSTRONG

### YIC EDUCATION SPECIALIST

Julia Armstrong is a Youth In Custody (YIC) Education Specialist for the Utah State Board of Education. Julia has served youth in states custody for over 15 years. Prior to her current role as YIC Education Specialist, Julia spent most of her career as a Social Worker for the Division of Child and Family Services (DCFS). She worked directly with struggling families as well as trained and supervised DCFS staff. Julia feels honored to work with such a unique population of at-risk youth. She learns from them every single day.

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POST-TRAINING SURVEY LINK:

<https://forms.gle/eJhM6Kv9JJzGAzxr8>