



Happy New Year!

Thank you for being a part of building the best possible community for our kids. With a new year comes new hopes and new commitments. Let's make our commitment to being the adults the young people in our community need us to be.

A Renewed Focus on Social Connection

Social connection is evident in high-quality, deep relationships in which we can be our authentic selves. We know that social connection is a fundamental human need and human beings are biologically wired for social connection. *We also know that lack of social connection is driving depression and suicidal ideation in Boise youth.* It's up to us to build more deep, meaningful connections between our kids and themselves, their peers, and other safe, trusted adults. And we can start today.

Our goal is that 3 months from now if we ask any adult in Boise what they can be doing for kids, they will say “building strong, deep connections.” Help us achieve this goal!

Remember, it starts with individuals, but we need this effort to be community-wide. Who can you tell about social connection? Who can you invite? How can you increase social connection across your community? [Check out our Creating Social Connection Tips Page](#) for ways to think about supporting this in your community.

Upcoming Action Team Meetings

We will also be holding another Boise Action Team meeting on **Thursday, January 18th, 2024** from 5:30 PM–6:30 PM at the location of the Library! At Hillcrest (5246 W Overland Rd, Boise, ID 83705). [RSVP HERE](#). Invite your friends!

[What is an Action Team?](#) An Action Team is a group of folks in a community (including parents, grandparents, small business owners, organizational partners, and other community members) who co-create and execute a plan to address the needs of young people. The action team combines data, real-life experiences, and research to create real change.

Recap of December 12th Boise Action Team Meeting

About 25 community members joined us to dig a little deeper into what we can be doing to spread the word about the Boise focus on Social Connection. We had really thoughtful discussions about the need for actionable and relatable tips for folks wanting to contribute to increasing connection for our kids, about how social media and phones may play a role in isolation as the “junk food” of connection for all of us, and about the upcoming “Celebration of Connection” event that will showcase youth art centered on the theme of connection.

Well-being. Together.



Recap of November 28th Boise Action Team Meeting

We were so inspired by the over 300 parents, organizational partners, and other community members who came out to start the conversation on what we can be doing; both as a community and as individuals, to help build the best possible Boise for our kids. In the wake of recent tragedies and losses, it brought hope to see and talk with so many folks who want to be part of the solution. If you weren't able to make it, there are plenty of opportunities to get involved.

Additional Resources

We try to provide resources as we can but [Find Help Idaho](#) keeps a full list of Idaho resources up to date. If you need counseling services [BPA Health](#) provides free services to all students located in the Boise Schools and West Ada District (and their families!). They guarantee to meet your needs within 48 hours.

Spread the word

Share our newsletter, follow us on [Facebook](#) or [Instagram](#), and share our "Tips" posts, let's get the word out about how we come together to build the best possible community for youth. **Prevention is Possible.**