



## Gratitude

Thank you for being a part of building the best possible community for our kids. Each month we will share key updates on the Boise City Initiative; however, if you have a question or a comment to share in the meantime, please do not hesitate to contact us.

## 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.

## Focus on Social Connection

Social connection is 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.

## Want to help plan the Boise Social Connection Response?

- Join the Action Team! Follow the [link here](#)
- [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.

## Upcoming Action Team Meetings

Our next action team meeting will be on **Tuesday, December 12th, 2023** from 4:30 PM-6 PM at the location of the Library! At Hillcrest (5246 W Overland Rd, Boise, ID 83705). [RSVP here](#) to the December Action Team meeting.

Well-being. Together.



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).

### **Ways to take action and promote Social Connection:**

- Check on a young person outside your family
- Host a family and friends night with young people
- Have undistracted time with your kid
- Consider having designated “No Screens” time with your family
- Have a regular dinner or other hang out plan with your neighbors
- Intentionally support conversations that build connections
- Help your young person discover their passion and connect them to their purpose
- Follow us on [Facebook](#) or [Instagram](#) and share our "Tips" posts.

### **Postvention Resources**

Our kids are struggling, and it's up to us to help. A simple list of responses to crisis and youth loss (“Postvention”) is [on this handout](#) and additional [resources are linked on our website](#). Please feel free to share. The [Speedy Foundation](#) has many postvention materials.

### **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.