

Monthly Newsletter

November 2025



Here's what has happened in the last month and what's to come!

Welcome back to our 2025-2026 Youth Advisory Council (YAC) newsletter! We are happy to share what happened at our last meeting and what's to come in future meetings.

Firstly, we would like to thank everyone for attending our monthly meeting on November 19, 2025. Jacob Snyder, CHA's Assistant Director of Environmental Health, spoke to members about the role his department plays in Public Health and how members can get involved.

Building off of the brainstorm during our previous meeting, members discussed what types of projects they could execute before making a final decision. This year, the YAC will address good health and wellbeing through a health fair!

Our members also voted to go ice skating for our Youth Enrichment Activity next month. YAC Staff will get this planned and send out more information soon.

We also shared two opportunities for members to make their voices heard. There are plenty of other updates included in this newsletter, so please read through it in its entirety.

Do not hesitate to reach out if you need anything. Enjoy this month's newsletter and have a Happy Turkey Day!

Sincerely,

*your
YAC team*



In this newsletter
you can expect:

Welcome

Upcoming
Opportunities

Member
Spotlights

Where we've
been

Where we're
going

Reminders

Upcoming Opportunities

As we mentioned during our last meeting, there are two survey opportunities for you all to participate in. The first is the Adolescent Substance Use Survey and the second is the Adolescent Pulse Assessment Feedback Survey.

Our partners are seeking youth perspective but please know these are voluntary and will not negatively impact your membership if you decide not to participate.

Adolescent Substance Use Survey

CHA's Behavioral Health team created a survey to better understand teens' thoughts on substance use habits.

If you would like to participate in the survey, you will need to have a parent/guardian sign a consent form and return to a YAC staff member (the signed form can be returned to the office, emailed, or a picture can be sent via text).

Consent forms are due by December 3rd. Time will be provided during our December meeting to complete the survey.

A copy of the survey can be made available upon request.

If you have any questions, comments, or concerns, please don't hesitate to reach out!

Adolescent Pulse Assessment

Members will have the chance to share their thoughts on a variety of questions that are to be included in the assessment.

An email with the Microsoft Forms link was sent on Monday November 24th. Each question will allow you to provide your thoughts on clarity, readability, and how you would improve the question.

This survey will close on December 3rd.



Member Spotlights

Check out some of our members out and about in the community!

**Congratulations to Heidi
for being awarded the
PowerEd Cabarrus Future
Teacher Scholarship!**



**Thank you, Denisse for
helping the Healthy Living
Team with their November
Kids Cooking Class!**



If you ever have news/events to be featured please share with the council!

WHERE WE'VE BEEN



Jacob Snyder, a member of CHA's Environmental Health team, spoke to members about the work his department does around the county, career opportunities, and how environmental health collaborates with other agencies.



“Environmental Health is the foundation of Public Health”
-Jacob Snyder



The Upstream Approach

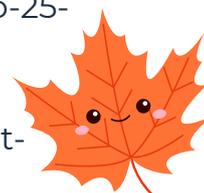
Public Health focuses on the prevention of illness instead of healthcare that focuses on the treatment of existing illness and disease

Environmental Health Programs:

- Septic systems
- Private water wells
- Food, Lodging, Institutions
- Childcare Centers
- Public swimming pools
- Investigations of lead poisoned children
- Tattoo permitting

Below are a list of resources mentioned during the presentations

- CHA's Environmental Health Department's webpage (<https://www.cabarrushealth.org/8/Environmental-Health>)
 - Food and Safety video
 - Onsite Wastewater video
- Environmental impacts of generative AI (supplemental)
 - UN Environment Programme (<https://www.unep.org/news-and-stories/story/ai-has-environmental-problem-heres-what-world-can-do-about>)
 - U.S. Government Accountability Office (<https://www.gao.gov/products/gao-25-107172>)
 - Massachusetts Institute of Technology (MIT) News (<https://news.mit.edu/2025/explained-generative-ai-environmental-impact-0117>)



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WHERE WE'RE GOING

As previously mentioned, our members voted to go ice skating for their Youth Enrichment Activity to be held on December 10th.

YAC Staff are working to get this planned and finalized. A separate email will be sent after the holiday to share all pertinent details!



REMINDER

If you want to participate in the Behavioral Health Survey, you will need to return the consent form by December 3rd.

We will also be sending out information for you all to provide feedback on our Adolescent Pulse Survey which will be due by December 3rd.

Birthday Shoutouts

Happy Birthday to our members with November Birthdays!

**Camila Cabrera Arellanez
Minah Koo**



TOPIC	DATE
ORIENTATION	Aug. 20
TOBACCO PREVENTION	Sept. 17
FUTURE ORIENTATION	Oct. 15
ENVIRONMENTAL HEALTH	Nov. 19
ENRICHMENT ACTIVITY	Dec. 10

TOPIC	DATE
SOCIAL AND EMOTIONAL WELLBEING	Jan. 21
REPRODUCTIVE HEALTH + HEALTHY RELATIONSHIPS	Feb. 18
PUBLIC HEALTH POLICY	Mar. 18
HEALTHY LIVING + NUTRITION	Apr. 15
EOY CELEBRATION	May 16



AUGUST							SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER							JANUARY									
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S			
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Monthly Meeting
Backup/Potential Makeup Day



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