

# Learning Collaborative Newsletter

October 2025 Edition

Welcome to the Learning Collaborative newsletter. This marks an exciting step forward in our shared journey of adolescent health. Each edition will bring you updates, highlights, and upcoming events. This is more than a newsletter – this is a space to stay informed, inspired, and connected.

We are honored to have you with us!

## Welcome!

Hello everyone! My name is Nya Coward and I am one of the Elevate Program Coordinators and LC Lead at Cabarrus Health Alliance. Welcome to our first LC Newsletter. I am excited to bring this resource to you all as a beneficial way to stay connected and informed.

Additionally, we have the LC SharePoint where all presentations, welcome packet, meeting minutes, and other administrative information are housed.

[Learning Collaborative SharePoint](#)

## Where to Find Adolescent Data?

Understanding the health and well-being of our youth requires more than stories, it needs data to show connections and bigger pictures. The first edition of the LC newsletter highlights where to find youth data on a national and state level. By looking at the numbers, we can better identify gaps, celebrate process, and guide decisions that ensure our youth have the support and resources to thrive.

Office of Population Affairs - Adolescent Health Data	ChildStats	Youth.gov
The Office of Population Affairs has a list of national adolescent health interactive data bases for health, youth risk behavior, mental health, and more.	ChildStats is a great resource on reviewing national indicators of adolescent well-being, such as education, economic, and family and social environment.	Youth.Gov is a one-stop adolescent health page with data and information on numerous adolescent health topics, including trafficking, homelessness, and gang involvement prevention.
<a href="#">OPA</a>	<a href="#">ChildStats</a>	<a href="#">Youth.gov</a>

Data collected by National and State agencies are not always up-to-date. A potential solution is to communicate with your peers who are gathering data on their populations to see trends and potential concerns.

myfutureNC Dashboard - Opportunity Youth	NC Healthy Schools Data	NC Youth Mental Healthcare Provision by County
The myFutureNC dashboard assist with data for both the state and county level on future transition points such as academic readiness and college & career access.	The NC Healthy Schools Data is where to find the NC Youth Risk Behavior Survey and to find information on the NC School Health Profiles.	The NCPal is a mental health resource from 2018 to show behavioral health diagnoses and treatments.
<a href="#">myFutureNC</a>	<a href="#">NC Healthy Schools Data</a>	<a href="#">NC Youth Mental Healthcare</a>

Adolescent Health Data on a county level can be limited due to a number of reasons. For example, The Parents' Bill of Rights can require more steps for surveying youth. Even though it may be difficult to acquire youth data, resources like the Adolescent Pulse Assessment (APA) can be an additional resource to ease the accessibility of youth data.

## Adolescent Pulse Assessment (APA)

The APA is a comprehensive, annual assessment developed by the Elevate Team at Cabarrus Health Alliance to gain knowledge of our communities and adolescent needs. The APA can fill a gap of youth data in both counties. The Learning Collaborative assisting with the development and dissemination can be crucial for all of us to gather the data we need to continue support our communities.

<a href="#">Preliminary Report</a>	<b>Adolescent Pulse Assessment Preliminary Report</b> During Year 2 of the Learning Collaborative, we conducted a preliminary report on the LC. Below are the results from the findings. We will be going over the report at our November meeting.
<a href="#">LC Year 3 Action Plan</a>	<b>LC Year 3 Action Plan</b> Over the next couple of meetings, we will be conducting the APA in our communities. Below is the tentative schedule.

## Upcoming Events

<b>10/27</b>	<b>Learning Collaborative</b> November LC RSVP Closes
<b>11/5</b>	<b>Learning Collaborative</b> November Learning Collaborative Meeting - APA
<b>11/21</b>	<b>Newsletter</b> December Deadline for Newsletter Events <a href="#">LC Newsletter Submission Form</a>

## LC Member Spotlight

Tecola Patterson, President/Owner of The S.T.U.D.I.O.

**Mission Statement:** Our Mission is a non-profit organization that provides an array of services for youth and their families that will educate, enhance, inspire, and assist in building a brighter future so they can be more productive in society.

**Projects:**  
Project Uplift & Project Uplift: McKinney Vento Extension  
V.E.N.T.T. (Valuing Everyone's Need to Talk)

The S.T.U.D.I.O. is a nonprofit dedicated to creating safe, supportive spaces that foster physical and mental wellness, resilience, and belonging for youth and families in Cabarrus County. Since our founding in 2018, we've focused on holistic wellness through programs such as youth leadership development, emergency assistance for McKinney-Vento families, mental wellness initiatives, and innovative wellness tools like our upcoming mobile food pantry and mental health chatbot.

**What is a recent success story that made you feel proud of your work?**

One of our proudest recent successes has been preparing for the launch of our Mobile Food Pantry, set to serve Cabarrus and Kannapolis City Schools' McKinney-Vento students and families this fall. With support from partners like the Second Harvest Food Bank of Metrolina, we've built a system that ensures families experiencing homelessness or hardship can access healthy food with dignity. Watching community partners come together to stock the pantry, volunteer their time, and help us prepare for the rollout reminds us that collective effort truly changes lives.

**What are the goals for your organization over the next few years?**

Over the next three to five years, our goals include:

- Opening The S.T.U.D.I.O. Mental Wellness-Focused Recreation Center in Kannapolis, an innovative \$2.3M space dedicated to recreation, therapy, and youth apprenticeships.
- Expanding Project Uplift, our housing and outreach program, to serve more McKinney-Vento families in Cabarrus County.
- Leveraging technology through initiatives like the V.E.N.T.T. mobile app and AI-powered wellness chatbots to provide trauma-informed support at scale.
- Strengthening partnerships with schools, churches, and community organizations to build a more comprehensive safety net.

**"Our vision is bold yet clear: to transform Cabarrus County into a community where every young person and families have access to the resources they need to live mentally well and fully whole lives."**

— Tecola Patterson

## Outreach Opportunity

Hello LC members!

Jessica Vess from Crosby Scholars is hosting **Crosby Scholars Academy** this weekend for middle and high school students (grades 6–12) in Rowan County.

They'll be packing **350 student resource bags**, and local agencies are invited to include **flyers, brochures, or other printed materials** about upcoming programs or events.

If you'd like them to include your materials, please contact Jessica Vess at [jvess@crosbyscholarsrowan.org](mailto:jvess@crosbyscholarsrowan.org) or 704-762-3512. Bag assembly begins Thursday, so please reach out as soon as possible!

## IMPORTANT!!!

If you are new to the full Learning Collaborative or have not yet completed the LC Demographics Form, please take a moment to fill it out by **November 27th**. If you have already submitted the form, no further action is needed!

[LC Demographics](#)

Until the Next Time!

**Next LC Meeting** Cabarrus Health Alliance

Topic: Youth Language January 6th, 2026

**Next LC Newsletter** December 15th, 2025

Topic: Mental Health

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**Until the Next Time!**