

@nywusa News

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Mission Statement:

“The purpose of OMI is to instill resiliency skills through education and developing life skills to “at-risk” youth in hopes that they will become productive members of society.

To provide opportunities that will focus on the entire mind, body, soul and spirit.”

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Back to School Tips:

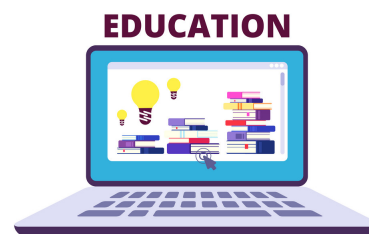
As you prepare to send your kid back into the classroom, be sure to reinforce the everyday COVID-19 precautions he or she will need to keep in mind. Going back to school is exciting, but COVID-19 adds a layer of concern for many students and their families. Remember to stay positive. You know the basics of how to protect yourself physically from COVID-19, but now we're going to talk about how to protect yourself mentally and emotionally. COVID-19 really put a strain on everyone’s mental health. Many people may feel depressed or anxious for everything to go back to normal. These feelings are definitely valid and should be expressed. In order to stay positive during this difficult time, we invite you to practice mindfulness. Take time throughout your day to sit on a chair or in your bedroom and just breathe. Think of how you can conquer this situation and everything within it. Know that you are in control of not only your situation but how you handle the situation. Last but not least, relax. Know everything will be okay and that you have NYWUSA right by your side. We hope that if you or your student practice mindfulness that you will feel more at ease with sending your child back to school!



-Cecil

Laptop Donation!

NYWUSA will be accepting laptop donations for our students. Any laptop running windows or MacOS is acceptable and will be given to a student in need. For more information on donating a laptop please reach out and email us an info@nywusa.com. We CANNOT do this without you!



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Note From President:

Compassion means to have a feeling of deep sympathy and sorrow for another who is stricken by misfortune accompanied by a strong desire to alleviate the suffering. Sometimes we are faced with having tough conversations with people we love and we need to be mindful to have those with compassion depending on people's experience or how they were raised it might be incorrect, and you can help them to see a different point of view and bring change but I promise you that won't happen with anger. The conversation needs to be seasoned with grace and compassion. This is how we keep the conversation going about social injustice and make a difference one conversation at a time!



- Lori

Suicide and Our Youth!

Growing up as teens we don't understand everything but we understand enough. We understand that life is a mess but not sure how to fix it. Most of the teenagers have been through what is called depression.



Depression isn't just sleeping in bed all day and crying.

Most of the signs in the youth today that can lead to attempted suicide, suicidal ideations, or even successful suicide are:

1. Isolating from friends/family
2. Not eating enough/eating more than usual
3. Not taking care of personal hygiene
4. Not paying attention when being talked to/forgetting what you were told
5. Extreme complaints about stomach aches, headaches, and fatigue

I had a friend named Dakota. She was happy and always there for you when you needed her. You would have never guessed she was battling depression but, in fact, she was. I lost her due to suicide less than a year ago and it has been super hard since. She was proof that you could come off as incredibly "happy", and still go home and want to take your life. She had a plan and stuck to it. 1.1 million teenagers make a plan to take their life each year. 77.9% of that 1.1 million follow through and end their life.

So please join me next month **September 20th at 3pm cst** for a live chat about suicide in our youth.

WHAT'S OUR SOLUTION?

- Keira Gilmore

**1.1 Million kids
have a
plan...our job is
to protect
them**



SUICIDE

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National Youth Week