

## NEXT STEPS FOR COMPASS

**Mental health** is of great concern for adolescents nationwide as they are facing many issues where they learn, work and/or live. These could include a death in the family, a close friend struggling with depression or an undiagnosed mental illness. Although these issues are not unique to scouting, we have heard many stories from troop leaders regarding the struggles scouts face with regards to mental health. Building resilience through the mind, body and soul would fit perfectly within scouting programs. Therefore, we are researching and developing solutions to assist scouts with building mental resilience for when the going gets tough.

## Mental Health Facts



- 1/5 of youth ages 13-18 have a mental health condition.
- Suicide is the third leading cause of death among teens and young adults ages 10-24.
  - 90% of those who have died by suicide had an underlying mental illness.

If your troop is interested in joining the conversation to improve mental health and resilience for scouts, contact PRO Wellness today.

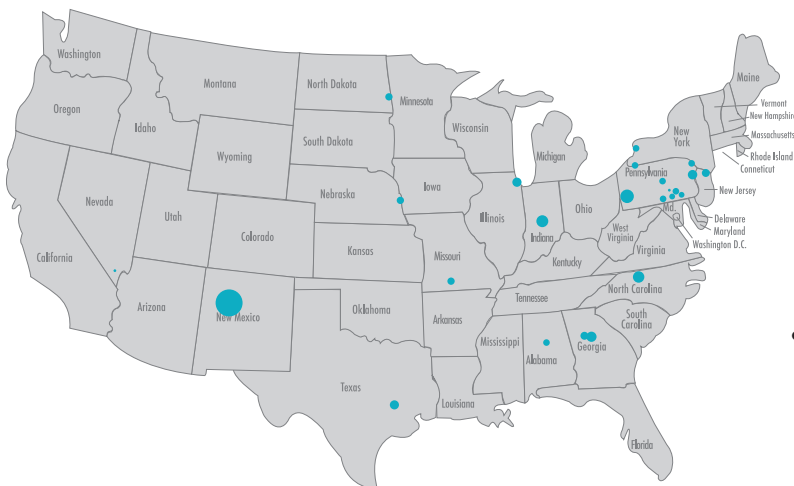
## BSA UPDATES



## GEARING UP FOR CAMP

Over the past three years, camps have been committing to a culture of health. Each year, Penn State PRO Wellness has been privileged to work with three times the number of camps as the previous year. In fact, we have accepted applications from 26 camps across 14 states to participate in Revamp Camp 2018. The estimated impact of all 26 camps is 68,791 scouts!

- 20 camps have been actively engaged in emails and phone calls collaborating with PRO Wellness to plan for this Summer.
- Camps are planning new Trading Post inventory options, improved menus signed by our in-house registered dietitian, and participation in the Step-Up Challenge!
- PRO Wellness has created an online toolkit to help camps transition to a culture of health. The toolkit features many resources, including:
  - printable posters;
  - allergen-free menus;
  - vegan menus;
  - a playlist of music for dining hall; and
  - healthier Trading Post options.
- PRO Wellness will be conducting on-site visits to 12-15 camps nationwide this summer.



The larger the dot, the more scouts impacted by Summer Camp Revamp 2018.





## ANNUAL BETTER TOGETHER: LEBANON COUNTY SUMMIT A SUCCESS

After discovering that many local organizations were addressing community health, but operating independently, Jeanne Donlevy Arnold envisioned a collaborative process utilizing networks and partnerships. Working together, these groups could pool resources, focus on priority areas and improve community wellness in her hometown. Penn State PRO Wellness partnered with Jeanne to realize this vision in Better Together: Lebanon County—an initiative bringing multiple sectors of the community together to improve the health and quality of life for its residents.

Successful community-wide health initiatives engage the community throughout the planning process. To accomplish this, a Better Together steering committee was formed and includes representation from the local community, hospital systems, grocery stores, restaurants, schools, non-profit organizations and policy makers. This committee assists with the planning, goal setting and outcomes of the Better Together: Lebanon County initiative, including an annual community-wide summit. The goal of the summit is to collect input from multiple sectors of the community to minimize duplication of efforts and ensure greatest community needs are addressed.

The second annual Better Together Summit was held on October 10, 2017 at Lebanon Valley College in Annville, PA. Nearly 180 participants from over 70 organizations attended the day's event, which featured leaders from the community discussing progress to date, current collaborative efforts, action team goals for 2018, and opportunities for involvement. Participants suggested the addition of an mental health action team, which will be formed this year.



## A CLOSER LOOK AT THE BETTER TOGETHER ACTION TEAMS

Better Together is a cross-functional collaborative established to bring together community organizations all working toward the common goal of improved community health. We have broken into action teams to more effectively influence the health of the community.



**FAMILY AND  
COMMUNITY  
ENGAGEMENT**



**PHYSICALLY ACTIVE  
COMMUNITIES**



**HEALTHIER FOOD  
CHOICE AVAILABILITY**



**MENTAL  
HEALTH**

Each team has created its own vision to influence the health of the community. The following highlights the action teams' progress:

- 1. The Healthy Food Access team**
  - Helping a free medical clinic to host a farm to table event!
  - Forming a brochure for grocers outlining where to donate food and what kinds of food are most helpful
  - Improving healthy food access at a local fair
- 2. Physical Activity Team**
  - Starting local clubs for students and adults to be active
  - Planning "Fox and Rabbit" race for June 2
- 3. Family and Community Engagement Team**
  - Keeping families engaged in healthy events and education through social media
  - Involving the local superintendent in collaboration with schools and teachers
  - Conducting focus groups to identify barriers to to access healthcare
  - **New Mental Wellness Team Formation**



**BSA  
COMPASS**



**PennState  
PRO Wellness**

# NOTABLE MENTIONS

## SHARING OUR SUCCESSES

Penn State PRO Wellness shared updates on Boy Scouts of America initiatives at:

- Pediatric Research Day at Penn State Children's Hospital in Hershey, PA
- National Outdoor Conference in Philmont, NM

## RESOURCES NOW AVAILABLE

Penn State PRO Wellness has highlighted the success of **Summer Camp Initiatives** over the past three years. Please contact PRO Wellness to receive a copy.

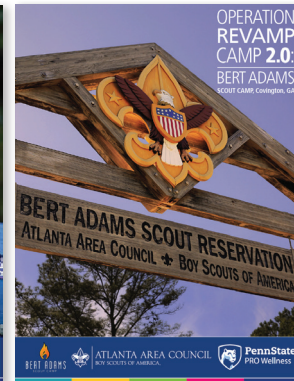
PRO Wellness has also developed a **Summer Camp Revamped online toolkit**. Please contact us to gain access.

Ph: 717.531.1440

E-mail: [COMPASS@pennstatehealth.psu.edu](mailto:COMPASS@pennstatehealth.psu.edu)

## Coming Soon

PRO Wellness is working with the **Outdoor Programs** team to plan and speak at the **Food Extravaganza Conference** taking place at **Philmont Scout Ranch** in September 2018.



# BOY SCOUTS OF AMERICA®

Boy Scouts of America is one of the nation's largest and most prominent values-based youth development organizations. Boy Scouts of America provides a program for young people that builds character, trains them in the responsibilities of participating citizenship and develops personal fitness.

For more than a century, the Boy Scouts of America has helped build the future leaders of this country by combining educational activities and lifelong values with fun. Boy Scouts of America believes — and, through over a century of experience, knows — that helping youth is a key to building a more conscientious, responsible and productive society.



## PennState PRO Wellness

Penn State PRO Wellness is committed to educating and inspiring youth and their families to eat well, engage in regular physical activity, and become champions for bringing healthy choices to life. PRO Wellness provides healthy eating and active living strategies to approximately 1,000 schools in Pennsylvania, as well as communities and corporate business partners. Advised by over 40 corporate, government and academic officials, PRO Wellness is highly visible in the health and wellness arena and positioned as a statewide thought leader in obesity prevention. As an integral component of Penn State Health Milton S. Hershey Medical Center's community service mission, our approach of prevention, research and outreach provides schools, communities and like-minded organizations with program development and implementation, assessment and evaluation, capacity building, technical assistance, collaborative partnerships and access to proven wellness interventions. For more information, visit [www.med.psu.edu/PROwellness/BSA](http://www.med.psu.edu/PROwellness/BSA).