



Be Epic Presents: EVERYDAY STRONG

A Resilience Training for Parents
and Caring Adults

Presented by the Be Epic Team:

Josie Hatch, BS; Kristalyn Hepworth, BS; Ricky Begay; Maria Jose Velasco, MPH; Ashley Yaughner, PhD; Christina Pay, MSHE; Cris Meier, PhD

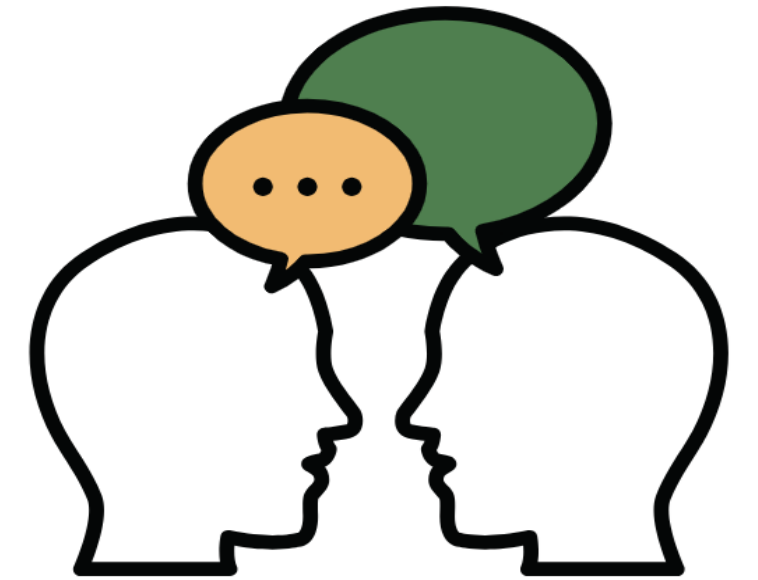


Extension
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PARTICIPATION GUIDELINES

Listen respectfully



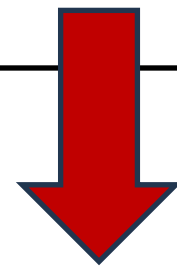
**Be aware of time when sharing and
stay on topic**



Be mindful of others' perspectives

Be Epic, Escape the Vape: a Multi-Component Youth Vaping Prevention Program

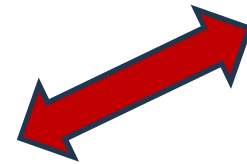
Goal: Prevent Youth E-cigarette use



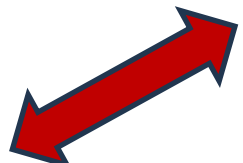
Parent/Guardian



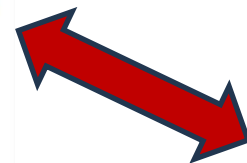
Social Media



Teachers



Community

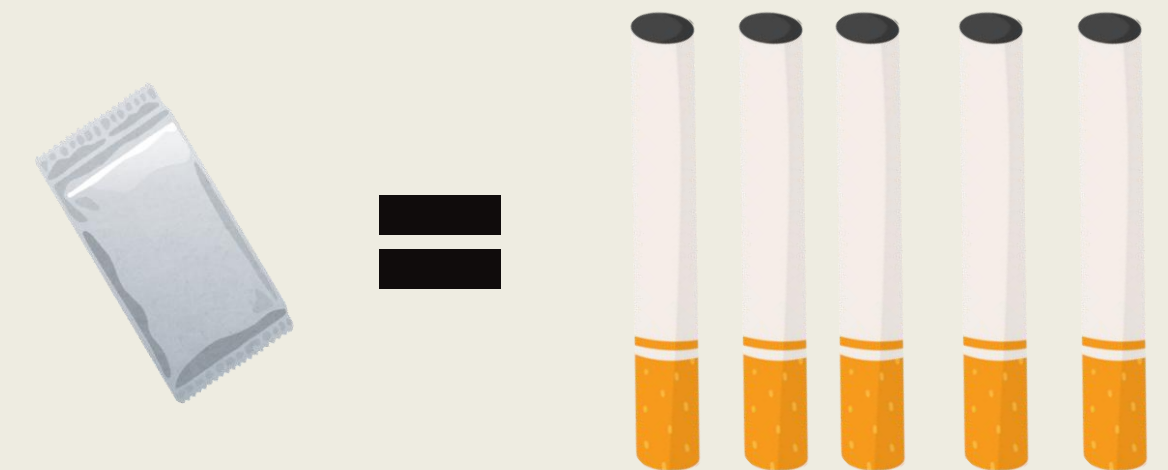


Improving the health and well-being of youth by implementing evidence-based programs at multiple levels and targeted toward multiple audiences

Emerging Substances and How Youth are Targeted



- Nicotine pouches contain **1.5 mg** to **16 mg** of nicotine per pouch
- That could equate to the nicotine content of 4-5 cigarettes



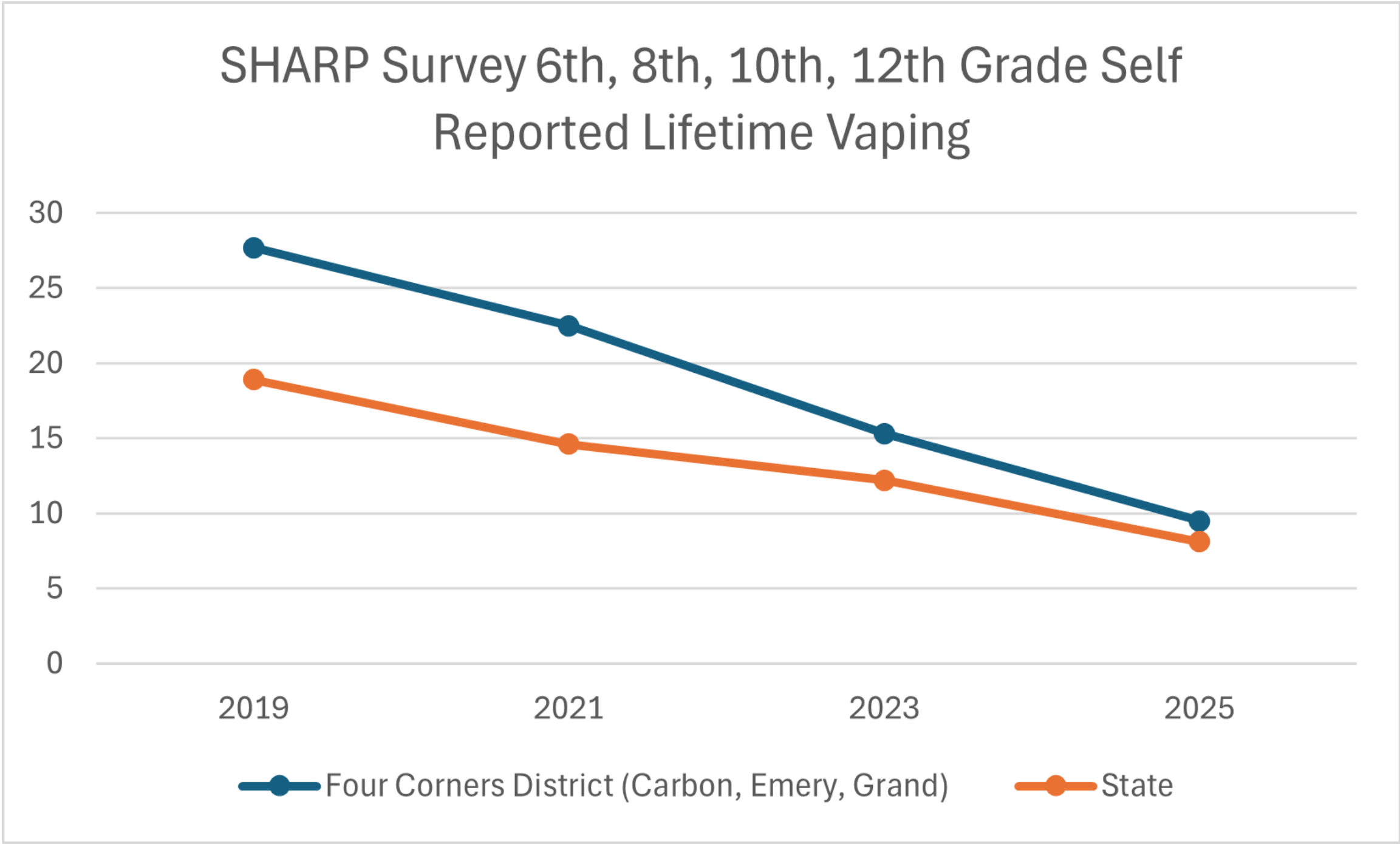
E-cigarettes and the Environment

49% of young e-cigarette users don't know what to do with used e-cigarettes

- Liquid nicotine cannot go down the drain, toilet, or other sewer drain
- Cartridges or pods, used or unused, cannot be thrown in the garbage



Good News about Youth Vaping!



sumh.Utah.gov/data-reports/sharp-survey/survey-reports/

(Utah Department of Health and Human Services [DHHS], 2025)

***"We cannot always build the future
for our youth, but we can build our
youth for the future."***

-Franklin D. Roosevelt

EVERYDAY STRONG



THRIVE

CONFIDENCE

CONNECTION

SAFETY

PHYSICAL NEEDS

**HOW WOULD
YOU DEFINE
RESILIENCE?**



Where is this kid going?

Will he crash? If so, will
he get back up?

Will he keep pedaling?

What does he need from
me?



Handwritten text in a cursive script, likely a historical document or manuscript. The text is written in a dark ink on aged, yellowed paper. The script is dense and fills most of the page, with some lines appearing to be part of a larger, possibly damaged or torn, section on the left side. The text is written in a cursive script, likely a historical document or manuscript. The text is dense and fills most of the page, with some lines appearing to be part of a larger, possibly damaged or torn, section on the left side.



UNITED WAY
Utah County

achieve your potential

THRIVE

skills, achievement, esteem

CONFIDENCE

friendship, love, belonging

CONNECTION

safe to talk, feel, and fail

SAFETY

food, water, rest

PHYSICAL NEEDS



YOUR RELATIONSHIP IS POWERFUL!

“When confronted with the fallout of childhood trauma, why do some children adapt and overcome, while others bear lifelong scars that flatten their potential?

A growing body of evidence points to one common answer: **Every child who winds up doing well has had at least one stable and committed relationship with a supportive adult.”**

- Harvard Graduate School of Education, March 2015

Human beings
are like plants
to nourish...

...not a project
to complete





**WHAT DOES IT MEAN
TO NOURISH A CHILD
OR TEENAGER?**



SAFETY

Who is someone you feel really relaxed with?

What does that person do that makes you feel that way?

A young girl with dark skin and hair, wearing a white headband with a bow and a striped tank top, is smiling and holding hands with an adult wearing a green shirt. They are standing on a rocky shore with blue water in the background. The image is partially framed by a white circular arc on the right side.

SAFE TO...

- Feel (ALL emotions)
- Talk (listen more than we talk)
- Explore
- Fail (normalize failure)
- Be themselves
(it's okay if teens make different decisions than us)

✓ “Get curious,
not furious”

✓ “Duct tape
parenting”

✓ “Check the
fix-it reflex”





CONNECTION

When was the last time you felt
really connected to someone?

What was happening in that
moment?

CONNECTION



- See them (ask questions that show we're interested and truly understood)
- Play and laugh
- Apologize and repair
- Let them know the ways you “carry them around with you”
- Express our feelings of love (on **their** schedule, in **their** language)

Parenting is
not a set of
skills. It's a
relationship.





CONFIDENCE & COMPETENCE

How do you feel when someone tries to fix all your problems for you?

How do you feel when someone doesn't give you any instructions at all?



COMPETENCE

- **You** did that!
- “I think you got this” or “You’ll figure it out” (But they will only believe you if you have established **safety** and **connection**!)
- Search for success and hold up the mirror (“I see you, now you see you”)
- Let them practice (this is where “skills” fits into a bigger picture)
- Extra-curricular activities are increasingly important in the screen age



**LET'S SEE HOW THIS
WORKS IN REAL LIFE**

Nathan is a teen who recently announced his intention to drop out of school, in part because he doesn't see any path to graduation due to excessive school absences and failed classes. School administrators say he is often found with friends who skip class to smoke weed.

- **What usually happens to a kid like Nathan?**
- **What could happen if we tried to meet his needs?**

A person wearing a grey beanie and a brown jacket, looking down. The image is partially obscured by a white curved line and a purple circle.

NATHAN



WHAT YOUNG PEOPLE NEED:

- **Adults to Believe** that they already **want** to succeed and self-actualize
- **Adults to Act with a confident expectation** that when needs are cared for (to FEEL safe, connected, and competent) people will thrive
- **Adults to Delight** in discovering the type of person they are becoming



MOTIVATION

- We fail to differentiate CAN'T vs. WON'T - a person's **ability** vs. their **willingness**
- Building motivation is increasing a person's ability – the energy, direction, persistence – not directing their wants or values
- People are not 'motivated' or 'lazy', they have different levels of mastery over the complex skill (executive function) of **self-motivation**



“A THEORY OF HUMAN MOTIVATION”



Intrinsic Motivation

Extrinsic Motivation



MASLOW SUMMARY:

- A **lens** for what people need from us – how to best help
- In caring for needs, we also cultivate **intrinsic** motivation



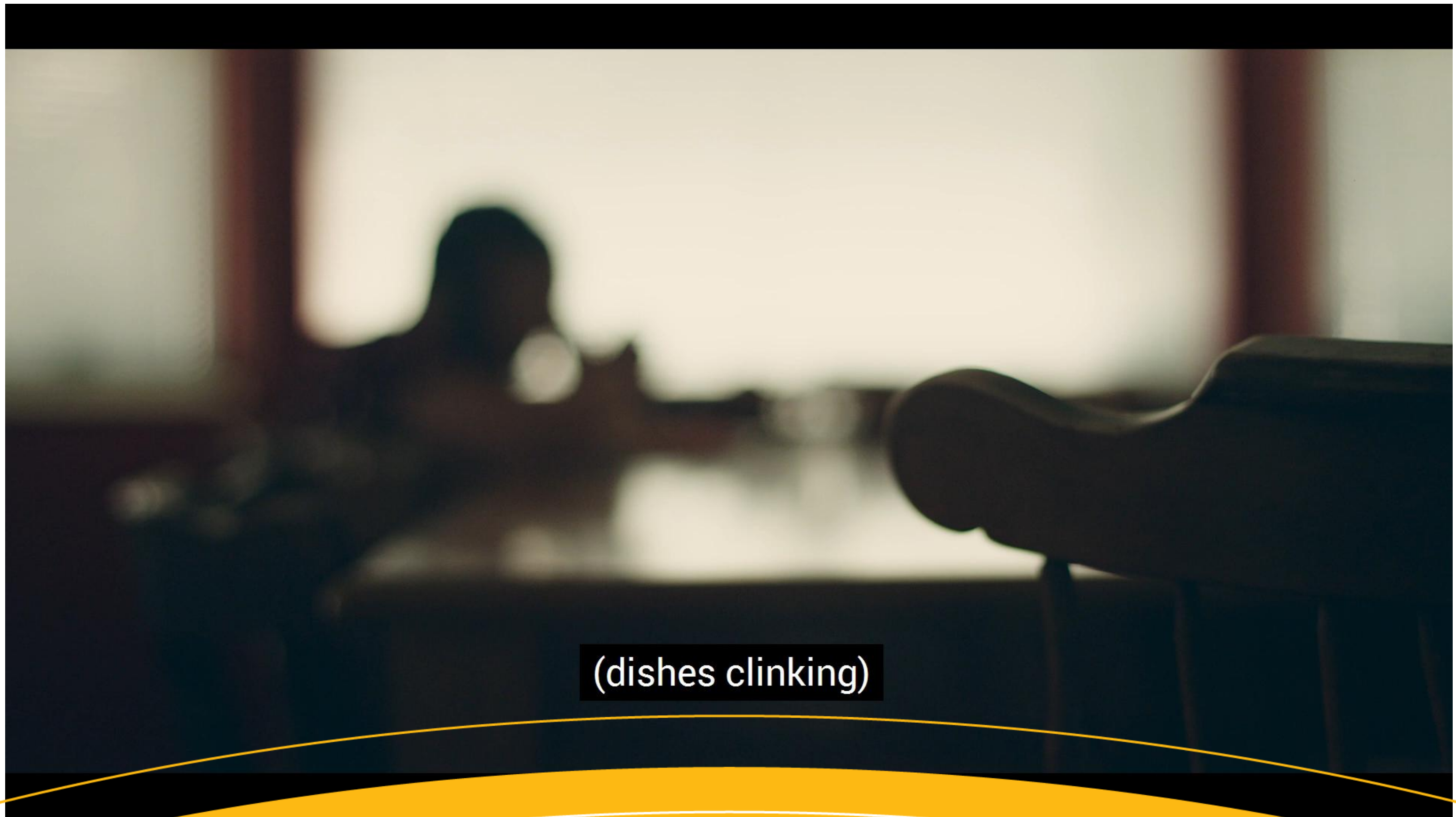
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he get back up?

Will he keep pedaling?

What does he need from
me?





(dishes clinking)

“I would love it if people would ask themselves every day, ‘What can I do to help others in my life feel safe, connected, and confident? When we meet their needs, we’re building resilient communities, families, and workplaces.”



- Dr. Matt Swenson

Child Psychiatrist, Intermountain Healthcare
Co-Founder, EveryDay Strong



**WHAT DOES THIS
CHILD NEED
FROM ME?
YOU!**



More to Explore-Family Relationships

Take a Free Course

Stepfamilies



- Smart Steps for Stepfamilies

Parenting



- Home Run Parents
- Parenting the Love and Logic Way
- Fatherhood Education
- Positive Discipline

Couples & Dating



- Couple Links
- Smart Dating
- Seven Principles for Making Marriage Work

Self-Improvement



- The Road to Happiness and Meaning

[Extension.usu.edu/hru/](https://extension.usu.edu/hru/)

More to Explore-Talking to Youth about Substance Use



10 short educational videos designed for educators, parents, coaches, counselors, and anyone who supports youth

- Recognize signs of substance use
- Use motivational interviewing
- Support teens in quitting or cutting back

Parting Challenge-Build Connection using a *Hidden Gem*



HIDDEN GEMS OF CARBON AND EMERY COUNTY

Extension
UtahStateUniversity.

Discover new ways to explore
The Little Grand Canyon & Gordon Creek Falls

Free Guides!
Grow your relationships
&
Help prevent
substance
use!

1. **Out & About Family Adventure Guide**
▪ with activities for all ages!

2. **Living Your Best Life Adventure Guide**
▪ with activities for friends and individuals!

3. **Date Your Mate Adventure Guide**
▪ with activities for couples!

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HIDDENGEMS.USU.EDU

BE EPIC
ESCAPE the VAPE

- Younger Kids-
Amazing Astronaut
- Older Kids-
Word Play
- Family Media Use-
Jungle Adventures

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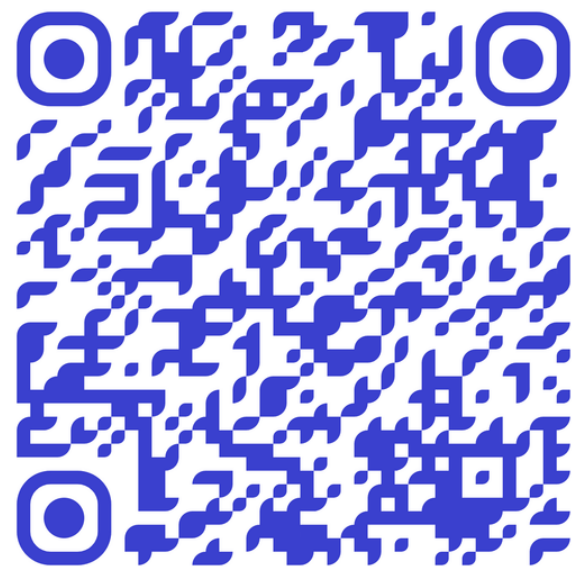


EVERYDAY STRONG



If you want to be added to our email list to receive more tips from our panel of experts, or attend a class...

Scan the QR code to sign up



UNITED WAY
Utah County





CONTACT US!

Be Epic, Escape the Vape Website

extension.usu.edu/be-epic/contact-us



KRISTALYN HEPWORTH

**HEALTH AND WELLNESS COORDINATOR
- EMERY COUNTY**

Kristalyn.hepworth@usu.edu



JOSIE HATCH

**HEALTH AND WELLNESS COORDINATOR
- CARBON COUNTY**

Josie.hatch@usu.edu



RICKY BEGAYE

**HEALTH AND WELLNESS COORDINATOR
- GRAND COUNTY**

Ricky.begaye@usu.edu