

USU Extension 4-H Hosts Virtual Mental Health Camp for Teens

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Utah State University Extension 4-H hosts a virtual summer camp focusing on mental health and well-being for youth. Camp Thrive is designed for youth who have completed grades 7 to 10.

Participants will learn how important their physical, emotional and social needs are for their mental health. They will participate in virtual meetings and activities that teach them to focus on their individual strengths, learn how to care for their physical health, identify and manage emotions, build resilience and thrive.

"The National 4-H Council recently did a survey with Harris Poll and learned that seven in 10 youth are having a hard time with their mental health during the COVID-19 pandemic," said Zuri Garcia, USU Extension associate professor and mental health education expert. "While many youth have resilience, there are negative effects and risk factors that influence mental health. It's important to understand it as well as the factors that can promote positive mental health, especially in times like these."

Four camp sessions are available: July 27, 29 and 31 from 10 – 11 a.m., and from 2 – 3 p.m.; and August 3, 5 and 7 from 10 – 11 a.m., and from 2 – 3 p.m.

The camp also includes a webinar for parents and guardians, titled EveryDay Strong. Adults will learn about their role in helping youth meet their needs and strengthen their resiliency.

The EveryDay Strong webinar will be offered on July 28 at 10 a.m. and 7 p.m. and August 6 at 10 a.m. and 7 p.m.

The camp is free for active Utah 4-H members. For those who are not yet a 4-H member, contact your local USU Extension office to become one. A \$10 annual fee will apply. Register at <https://ut.4honline.com>.

For more information on Camp Thrive, contact Kassie Lovan at (435) 919-1322 or Kassandra.lovan@usu.edu. For more information about USU Extension 4-H youth programs, visit <https://utah4h.org/>.

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