

AACY CYP Treasure Talk Newsletter - April 2024

American Association of Caregiving Youth CYP <connie@aacy.org>

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American Association of Caregiving Youth Treasure Talk



Volume 192 | April 2024 in Review

A Note from Dr. Connie

Connie Siskowski, RN, PhD, AACY President & Founder



| April Treasure Talk 2024!

It's not over when it is over!

This year you may be in 8th grade getting ready to move up to high school, or you may be a senior getting ready to graduate from high school. For you who are 8th graders, even if our in-school program is not yet in the high school you will be entering, you can still be in the CYP and participate in activities and resources!

For seniors, we look forward to celebrating you at our Graduation Party on June 4th - plus, we are creating a new way to stay connected in your after high school journey. Stay tuned!!

Dr. Connie



AACY Activities

Andreana Holliman, Activities Manager



| Activities Recap & Preview:

Greetings, CYP Friends!

Big thanks to Safe Kids Worldwide, Safe Kids Palm Beach County, and the Trauma Agency Specialists for teaming up to bring you an awesome fall prevention workshop.

Not only did we get a much-needed break from our daily responsibilities, but we also learned valuable tips to stay safe while helping others. Plus, everyone got fitted for helmets!

This workshop was a great way for you to connect with other kids who get what each other is going through, all while gaining important skills to look out for yourselves and the people you care about.

Keep looking out for upcoming activities! If you want to see some pictures of you and your events, visit (and follow!) our Instagram [@caregivingyouthproject](#).

Thank you.

Andreana Holliman, BA



| Fall Prevention Activity





AACY's Senior Graduation Celebration June 4th!

CAREGIVING YOUTH PROJECT

CLASS OF 2024

We are proud of you!



FELLOW CAREGIVERS ARE A LIFELINE. THEY'RE NOT JUST A SOURCE OF IDEAS, THEY'RE A PLACE TO VENT AND FIND COMFORT WHEN THINGS FEEL IMPOSSIBLE. BECAUSE SOMETIMES, ONLY SOMEONE WHO'S WALKED YOUR PATH CAN TRULY UNDERSTAND.



AACY Support Corner

| We Support You:

We're here to support you on your caregiving journey. We'll share fun and educational content, inspiring stories from other young caregivers, and reminders that you're not alone. **Thank you for all that you do for your family.**

| Caregiving Youth: Sharing Your Stories

Did you see the recent stories about young caregivers like you? This month, WPTV West Palm Beach and the Wall Street Journal featured articles highlighting the experiences of kids in CYP who take care of sick, elderly, or disabled family members.

Jacob Gutierrez, from Palm Beach County, was profiled by WPTV. Jacob helps care for both his mom and grandma! The article talks about the challenges many young caregivers face and the important work we do for our families. Jacob even shared his feelings, saying that sometimes he wishes he could be a "normal kid" again.

The Wall Street Journal article went even further – they reported that millions of kids across the USA are caregivers! Wow, that's a lot of you! This national media article features Leo and other students in the CYP program and talks about how tough it can be to balance caring for someone and being a kid yourself.

These stories are important because they shine a light on the challenges you face every day. But even more importantly, they show how brave you are! By sharing your stories, you're helping others understand what it's like to be a caregiver and advocating for better support for all of us.

Remember, you're not alone in this. The Caregiving Youth Project is here for you, and so are all the other amazing young caregivers out there! Keep being strong, keep being awesome, and keep sharing your stories!





The American Association of Caregiving Youth was founded 17 years ago. Trained staff work with the School District of Palm Beach County to identify youth caregivers. These are students classified as children between the sixth and twelfth grades that have to care for a chronically ill, injured, elderly or disabled family member.

COMMUNITY > LET'S HEAR IT



Hundreds of children in Palm Beach County are youth caregivers

Jacob Gutierrez helps care for mother, grandmother



THE WALL STREET JOURNAL.

WSJ Barron's MarketWatch IBD Buy Side from WSJ



THE WALL STREET JOURNAL.

SIGN IN

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HEALTH | WELLNESS | TURNING POINTS

Millions of American Kids Are Caregivers Now: 'The Hardest Part Is That I'm Only 17'

An estimated 5.4 million children help care for relatives, as families can't afford or find other in-home care



Leo Remis helps care for his mom, Jess, who can no longer walk.



By [Clare Ansberry](#) [Follow](#) | Photographs by Eva Marie Uzcategui for
The Wall Street Journal
April 27, 2024 5:30 am ET

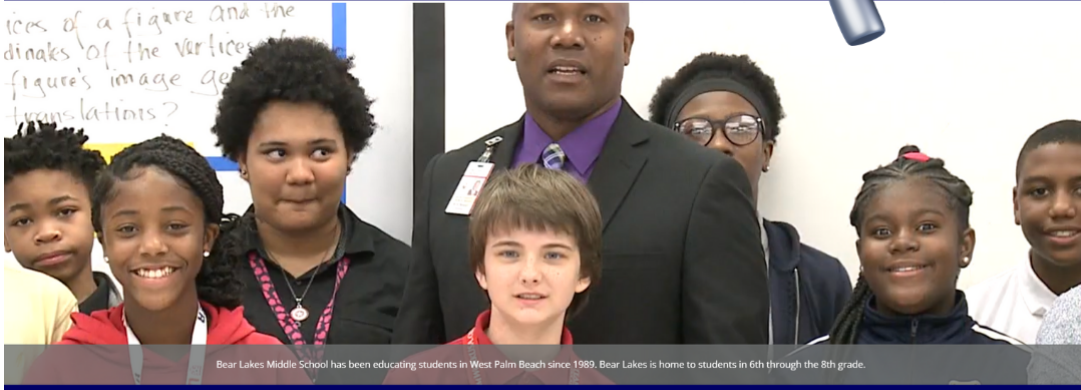
Thank you for sharing your stories Jacob, Leo, Arkeria, Matthew, Mark, Luke and others. You are an inspiration to all of us! Keep doing great things!



AACY School Shout-Out

Bear Lakes Middle School

SHOUT OUT TO BEAR LAKES MIDDLE SCHOOL



"Coming into AACY as a new Family Specialist, I was unsure what to expect; with the schools already having so many expectations placed upon them, I was utterly amazed at how welcoming Bear Lakes Middle School was. First, with respect to working with a new face and always having space for AACY to complete Skills Building groups. But secondly, how willing they are to step forward and be of assistance to help make things move forward smoothly.

Mrs. Carmen Ocasio is always a smiling face and a beacon of hope for these students; always being so responsive to my questions and requests. She is so supportive of AACY and its mission. If she sees a student who appears to be in need of AACY, she does not hesitate to refer them. She understands the services provided and wants to ensure that the students in need of AACY support are receiving it.

The staff at Bear Lakes Middle School are an exceptional group of individuals dedicated to the students and their needs. We appreciate you and are grateful for your support.

Tracy Piendle, BSW, DCFI, Family Specialist - North"



AACY News

| AACY Represented United States Caregiving Youth at the International Young Carers Conference



Amoy Gordon, the CYP Director at AACY, had an incredible experience across the pond in Manchester, England! She participated in the International Young Carers Conference (#icycc2024), a huge event where experts from all over the world come together to talk about how to support amazing young caregivers like YOU!

It was a blast! Not only did we get to share all the awesome work we're doing here at the Caregiving Youth Project, but we also learned a ton from young carers and experts from 20 different countries. Hearing their stories and ideas was truly inspiring!

Amoy and others who support Caregiving Youth here in the United States gave some awesome presentations. We talked about the history of our programs, the unique challenges faced by young carers in military families, and even how you, as a young caregiver, can be a powerful force for positive change in the world!

We also learned a lot from other countries about how they're supporting young carers. This is

going to be super helpful as we work to make our programs here in the US even better!

This conference was a win-win! We got to share our knowledge, learn from others, and, most importantly, connect with a whole global community of young carers just like you. Now, we're even more fired up to keep creating awesome programs and resources to support you on your incredible journey.

Stay tuned for more updates on all the exciting things we're working on!



| Caregiving Youth Action Day - Postponed

CAREGIVING YOUTH ACTION DAY USA 2024



We want the world to know that the US supports all Caregiving Youth!

Join us via Zoom - Meet other kids who are caregivers, and hear about organizations helping in the US. Make a poster, write a letter, post on social media, tell your story, and get together!



American Association of
**Caregiving
Youth**



Event Postponed

We are holding this event at a later date. Stay tuned for details!

Caregiving Youth

”

Just because we carry
it well doesn't mean
it's not heavy.



4 WAYS TO QUICKLY REGULATE YOUR EMOTIONS

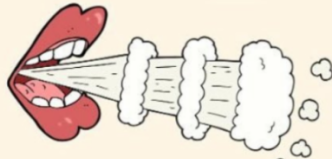
@ANDREA_EVGENIOU



TEMPERATURE

Change your temperature by splashing cold water on your face or holding an ice cube for 30 seconds

PACED BREATHING



Breathe deeply through your belly. Try to slow down the pace of your breaths to 5-7 per minute. Exhale longer than you inhale



INTENSE EXERCISE

Do a really quick high intensity exercise like running in place or doing jumping jacks

PAIRED MUSCLE RELAXATION



Pair breathing with muscle relaxation. Tense up your muscles while you breath in. While you breath out say "relax" and let go of tension



In Florida, 16.4% of high schoolers and 23.6% of middle schoolers provide care, or more than 290,000 youth.

Kids are not alone.

CAREGIVING YOUTH PROJECT

of the American Association of Caregiving Youth



5.4 MILLION KIDS

In the US, over 5.4 million middle and HS students aged 18 or younger provide significant assistance or care to a family member with a chronic illness, disability, mental health condition, or frailty due to aging.



\$8.5 BILLION

A 2012 article estimates the economic value from Caregiving Youth is around \$8.5 Billion. The estimate today would be much higher. 74% care for their parents and/or grandparents. 11% care for their siblings or others.



ONLY .ORG IN US

AACY is the only organization in the United States that focuses on the needs of young people who are caregivers. They work to identify Caregiving Youth, provide them with support, and advocate for their rights on all levels.



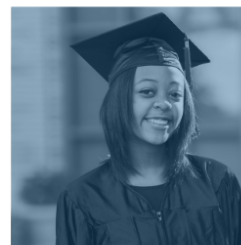
AACY SERVICES

AACY offers direct services to middle and high school students in Palm Beach County through the Caregiving Youth Project (CYP) and is a leading national authority on matters related to Caregiving Youth.



WE SERVE ALL

AACY inclusively serves Caregiving Youth and their families of all ethnicities, countries of origin, income levels, gender identification, health conditions, disability, sexual orientation, marital status and religions.



CORE VALUES

We respect and demonstrate equality along with racial and social equity as we honor human dignity that is exemplified by our Core Values of Collaboration, Compassion, Empowerment, Innovation, and Responsiveness.



WORLDWIDE

Caregiving for a loved one is among the most demanding, challenging, and rewarding human activities. Although children are commonly thought of as the recipients of care – rather than the givers – children all over the world participate actively in caregiving every day.



CYP SERVICES

Caregiver coaching, skills-building, lunch & learn sessions, community service hour awards for caregiving work, respite fun, peer/friendship connections, home visits, resource support, tutoring, camps, holiday parties, recognition, personal development opportunities and more.

CYP

Join us and spread the word! To participate in our program, Caregiving Youth Project (CYP) participants must reside in Palm Beach County and can be referred through personal outreach, recommendations from school staff, or other organizations. Our support is provided both at school and in the home.

If you are a Caregiving Youth or know someone who is but they don't live in Palm Beach County, please encourage them to email us at info@aacyp.org. We are committed to helping them find resources, no matter where they reside in the United States.

Resources - Support - Help



988 Crisis Hotline

We at AACYP believe that prioritizing mental health is a year-round endeavor. When you're having a difficult time, it's important to seek help. Thankfully, there is a new phone resource available no matter where you are in the US!: Just dial the **9-8-8** hotline.

This hotline is available 24 hours, 7 days a week, 365 days a year. Don't suffer in silence - get help and keep hope alive.



Community Service Hours

A reminder: please submit your Community Service Hours for the work you do at home!

If you have any questions, need more information or help to complete the form, please contact your Family Specialist.

IN A CRISIS? www.crisistextline.org

Text HOME to 741741 to connect with a volunteer Crisis Counselor **FREE**

Free 24/7 support at your fingertips.

Text Us 741741



How It Works

Text HOME to 741741 from anywhere in the United States, anytime. Crisis Text Line is here for any crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.

Crisis Text Line

GET POISON CONTROL HELP

Contact Poison Control right away if you suspect a poisoning. Help is available online with webPOISONCONTROL[®] or by phone at 1-800-222-1222. Both options are free, expert, and confidential.

[Get help online](#) or [Call 1-800-222-1222](tel:1-800-222-1222)

POISON CONTROL
National Capital Poison Center

Need help identifying a pill?

Mixed up your meds? Found a loose pill? Worried that your refill looks different? Fortunately, most medications can be identified from the letters and numbers imprinted on the pill.

[Identify a pill](#)



Need help identifying a pill?

Free 24x7 support at your fingertips.

crisistextline.org

Text **HOME** to 741741

Poison possibility?

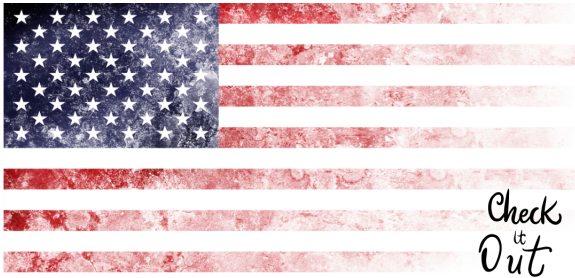
Mixed up meds? Found a loose pill?

Worried that a refill looks different?

Suspect an overdose?

Call 1-800-222-1222

Contact poison.org - Free



Are there any **VETERANS** in your Family?

Resources Available - Check it Out

Palm Beach County Government

PBC has services that might be of assistance to your family

<https://discover.pbcgov.org/communityservices/humanservices/pages/veteran-services.aspx>

VeteranAid.org

VeteranAid.org offers free help applying for Aid and Attendance if a Veteran requires assisted living care in a community or at home.

VeteranAid.org was created to help families pay for the care their senior loved ones need by claiming the Aid & Attendance (A&A) benefit their veterans are entitled to.

Are there any **VETERANS** in your Family? Resources Available:

PBC has services that might be of assistance to your Family. [Learn more here](#)

Another resource is VeteranAid.org.

This organization offers details information on a Veteran's pension benefit called Aid and Attendance (A&A)

If a Veteran requires assisted living care in a community or at home, A&A gives the information they need to apply for this benefit for free. Senior Veterans and spouses use this benefit to help them afford quality home care. [Learn more here](#)

Many Thanks to Our Partners:



United Way of Palm Beach County



Town of Palm Beach United Way



Treasure Talk is a monthly newsletter for and about the students in the AACY Caregiving Youth Project (CYP) and all supporters of Caregiving Youth. We use the term "Treasure" in Treasure Talk to let the kids know that they are highly valued and cherished as individuals – and to recognize and remind them of the positive impact they have on the lives of others around them.



DID YOU KNOW?

When you **recycle your old and/or used ink cartridges** with us, you not only help the environment, but you help support one of AACY's many initiatives!

When we mail in those old and/or used ink cartridges, Planet Green donates back to AACY!

Want to collect ink cartridges from family and friends? This is a great way to earn additional community service hours!

Please contact kristen@aacyn.org for more information.

Thank you for your support!





The American Association of Caregiving Youth (AACY) is a Florida 501 (c) (3) corporation.

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