



WASHINGTON STATE UNIVERSITY
EXTENSION



WSU Extension Snohomish County 4-H Where are we, and where are we going?

Dr. Ashley Hall

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mail:
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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
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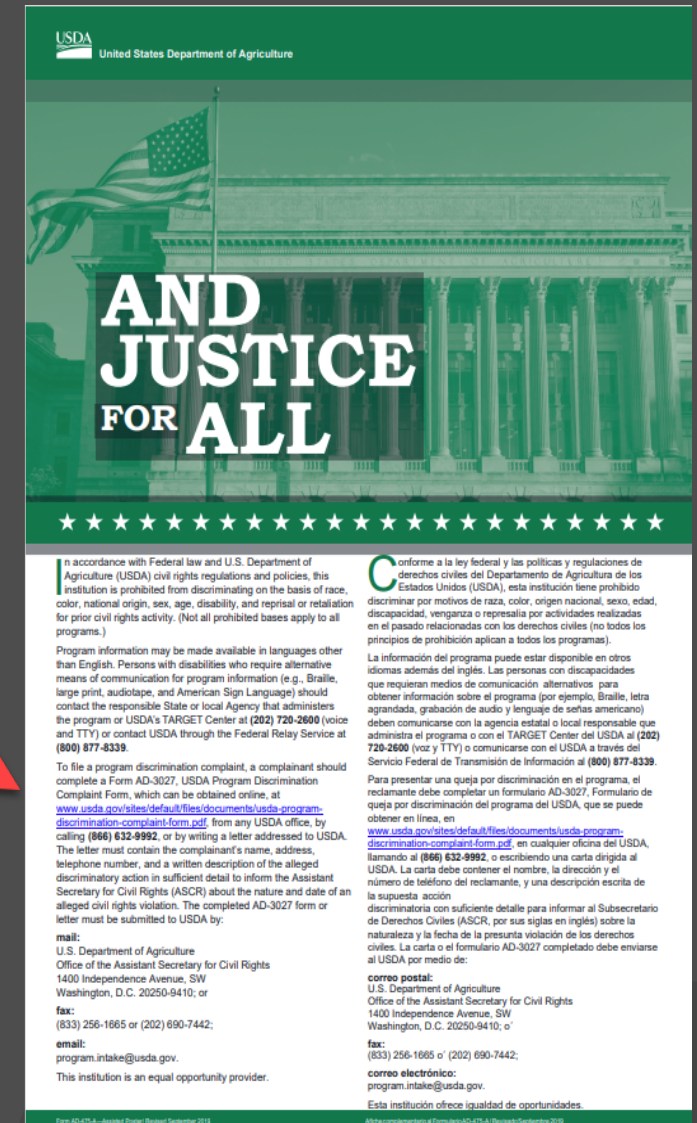
Form AD-475-A—Assisted Poster/ Revised September 2019
Afi che complementario al Formulario AD-475-A/Revisado Septiembre 2019

How to file a complaint

- Local extension office
- WSU Compliance and Civil Rights ccr@wsu.edu or 509-335-8288

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- Follow the instructions on the “And Justice for All” posters
- Poster is available in other languages



The poster features the USDA logo at the top left, with the text 'United States Department of Agriculture'. Below this is a photograph of a classical building with columns and an American flag. The title 'AND JUSTICE FOR ALL' is prominently displayed in large, white, serif font. A row of stars is positioned below the title. The poster contains text in both English and Spanish, providing instructions on how to file a complaint. A red arrow points from the text box in the previous slide to the English text on the poster.

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Form AD-475-A—Assisted Poster Revised September 2019

Overview

- What is 4-H?
- 4-H in Snohomish County
- Focus areas and planning – 2024-2026

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So, What is 4-H?

Mission

4-H empowers youth to reach their full potential, working and learning in partnership with caring adults.

Vision

A world in which youth and adults learn, grow and work together as catalysts for positive change.

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So What is 4-H?



Belonging

- A positive relationship with a caring adult
- An inclusive environment
- A safe environment

Mastery

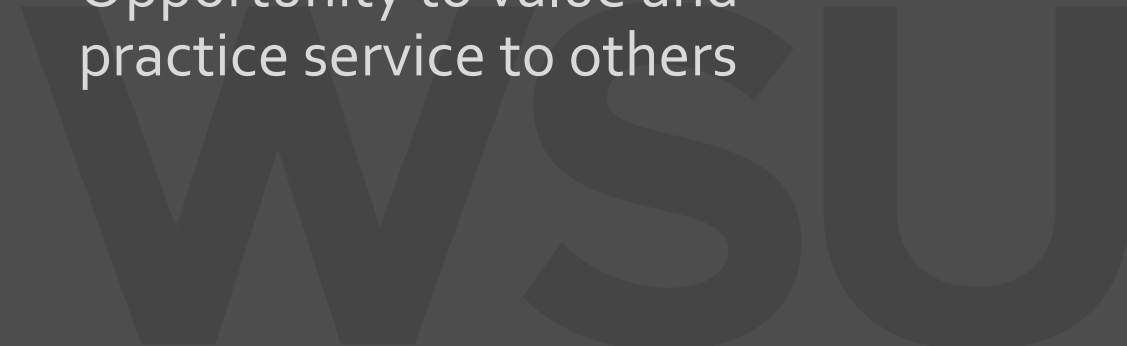
- Engagement in learning
- Opportunity for mastery

Independence

- Opportunity to see oneself as an active participant in the future
- Opportunity for self-determination

Generosity

- Opportunity to value and practice service to others



Snohomish County 4-H

Offers more than 20 unique project experiences via 53 different community clubs

Animal Projects

- Alpaca
- Beef
- Dairy Cattle
- Goats
- Horses
- Llamas
- Poultry
- Pigeon
- Rabbits
- Sheep
- Swine
- Veterinary Science

- Cats
- Cavies/Pocket Pets
- Dogs

Arts

- Creative writing
- Performing Arts
- Photography
- Woodworking

Community Service & Leadership

- Know Your Government
- Public Presentations
- Service Learning

Environmental Education and Earth Science

- Environmental Stewardship
- Sport fishing

Food, Nutrition, and Health

- Healthy Living
- Cooking & baking

Plant Science

- Gardening
- Beekeeping

Shooting Sports

- Archery
- Pistol

- Riflery
- Shotgun

Computers & Tech

- Minecraft
- Robotics

Other Projects

- Self-determined or self-study
- State and National projects

Snohomish County 4-H Today

■
Snohomish County 4-H is recovering from the pandemic

Despite unprecedented challenges over the past few years, Snohomish County 4-H Enrollment is stable and rising.

1% of youth in Snohomish County are currently enrolled and regularly participating in 4-H.

Source: WSU Extension Snohomish County 4-H Enrollment, 2019-2023

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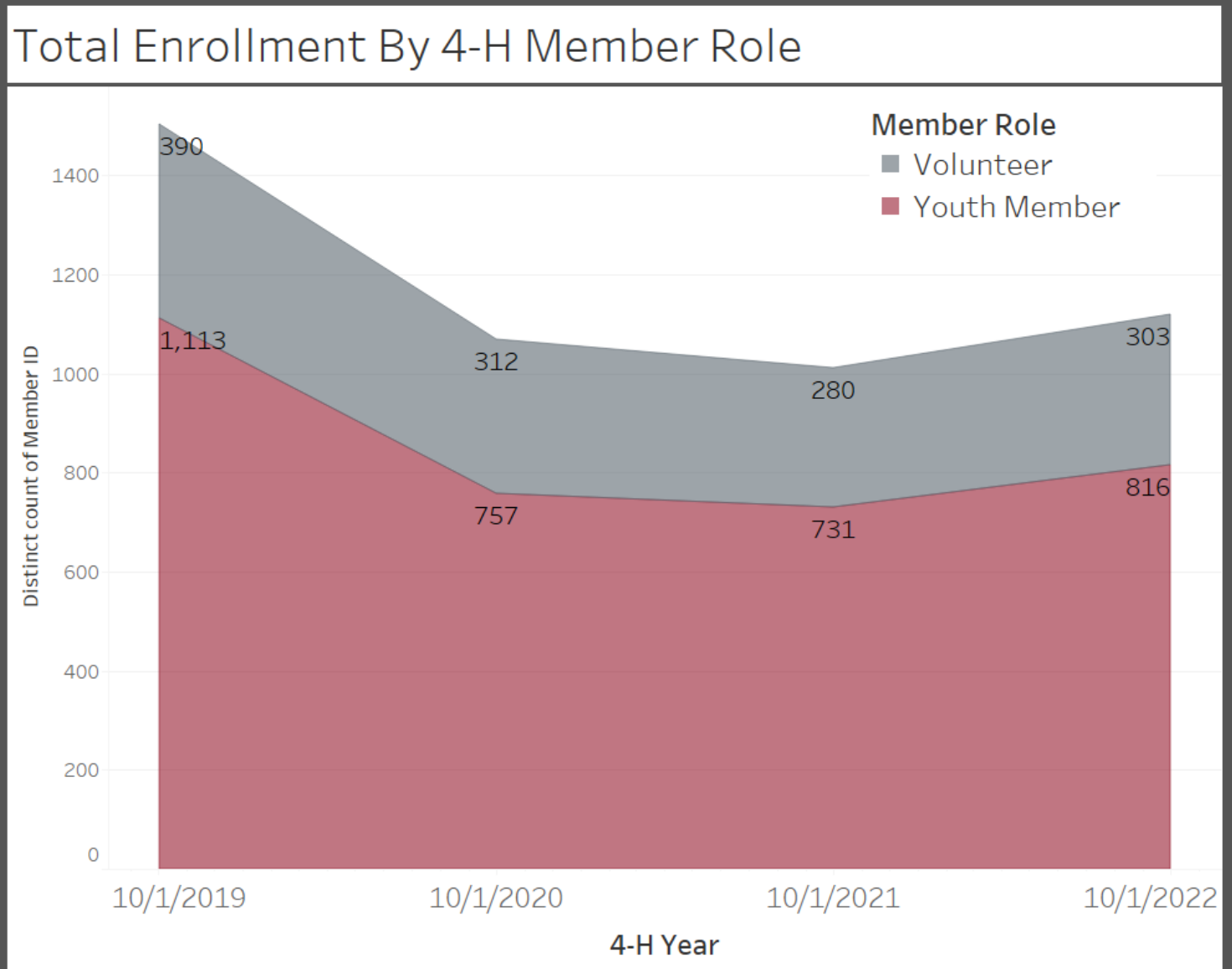
Snohomish County 4-H Today

Snohomish County 4-H is recovering

Despite unprecedented challenges, 4-H Enrollment is stable and rising

1% of youth in Snohomish County are participating in 4-H.

Source: WSU Extension Snohomish County



Snohomish County 4-H Today

■ Average Age of 4-Her in Snohomish County: 11.85

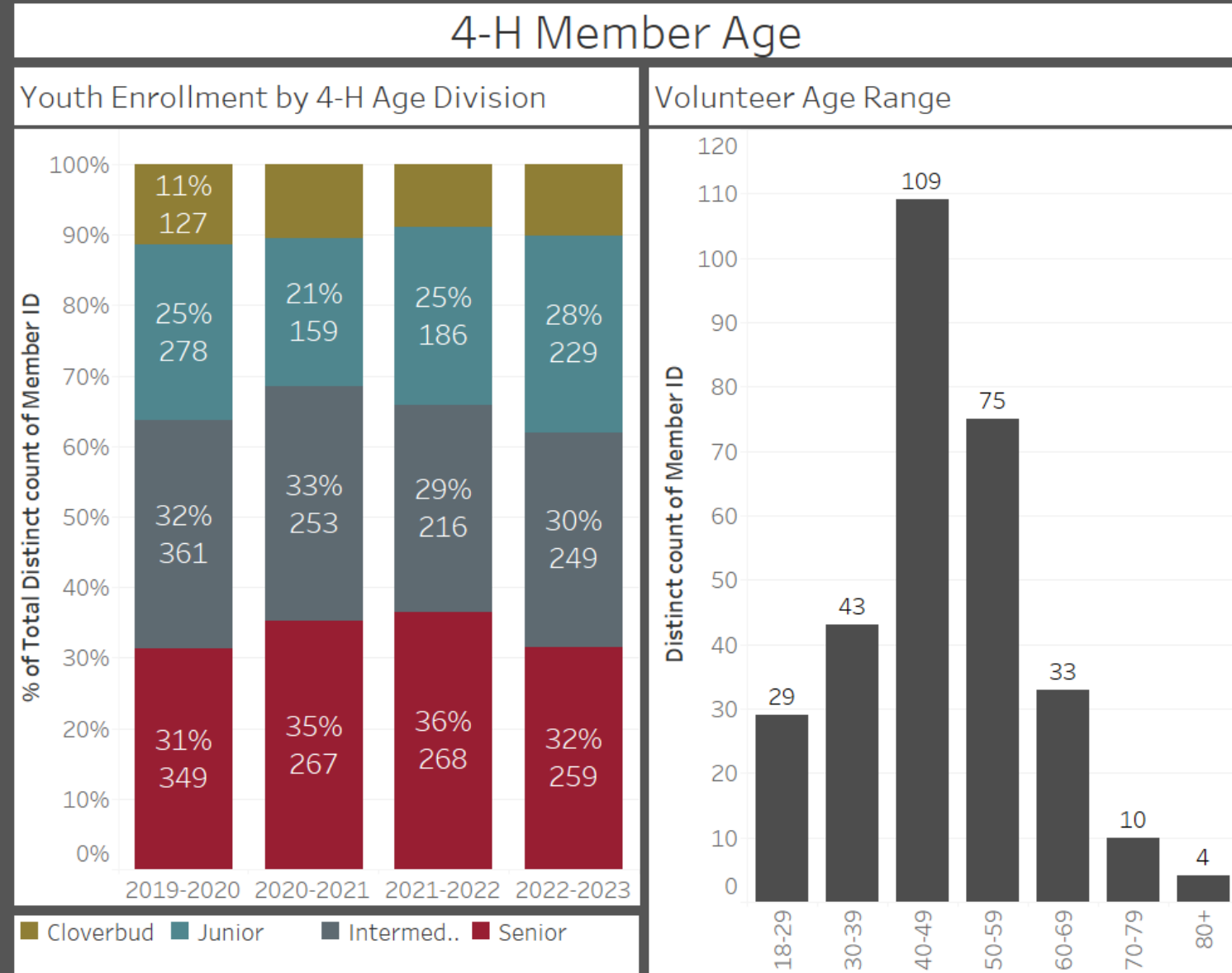
Volunteers in 4-H range from 18 to 80+ years old, with most falling in the 40–49-year-old age bracket

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Snohomish County 4-H Today

Average Age of 4-Her in Snohomish County is 40 years old

Volunteers in 4-H range from 18 to 80+ years old age bracket



Snohomish County 4-H Today

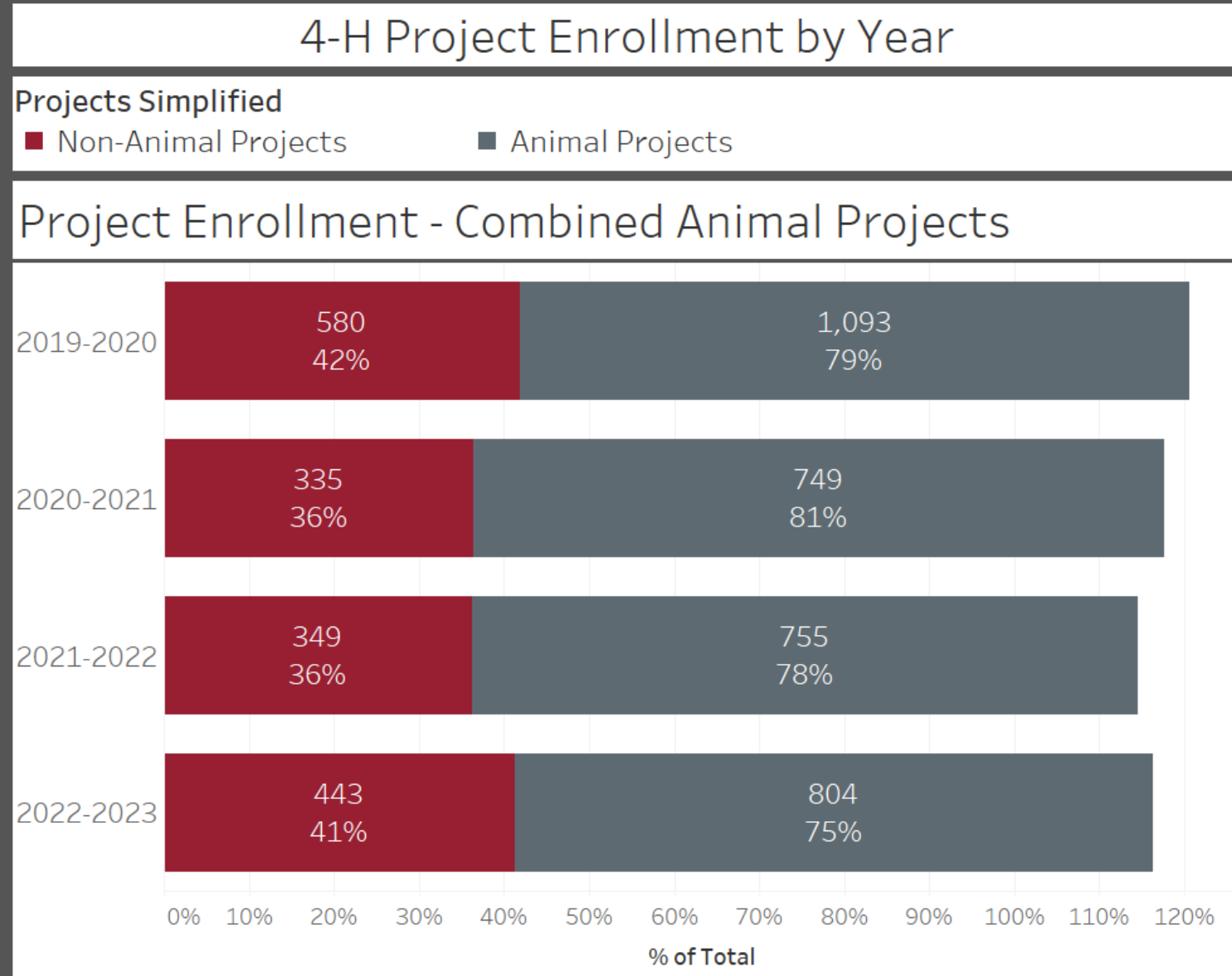
■ Animal Project remain the most popular when projects are groups by animal vs non-animal.

Of those, equine projects are by far the most popular, with 31% of 4-H youth enrolled in horse-related clubs.

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Snohomish County 4-H Today

Animal Projects remain the most non-animal.



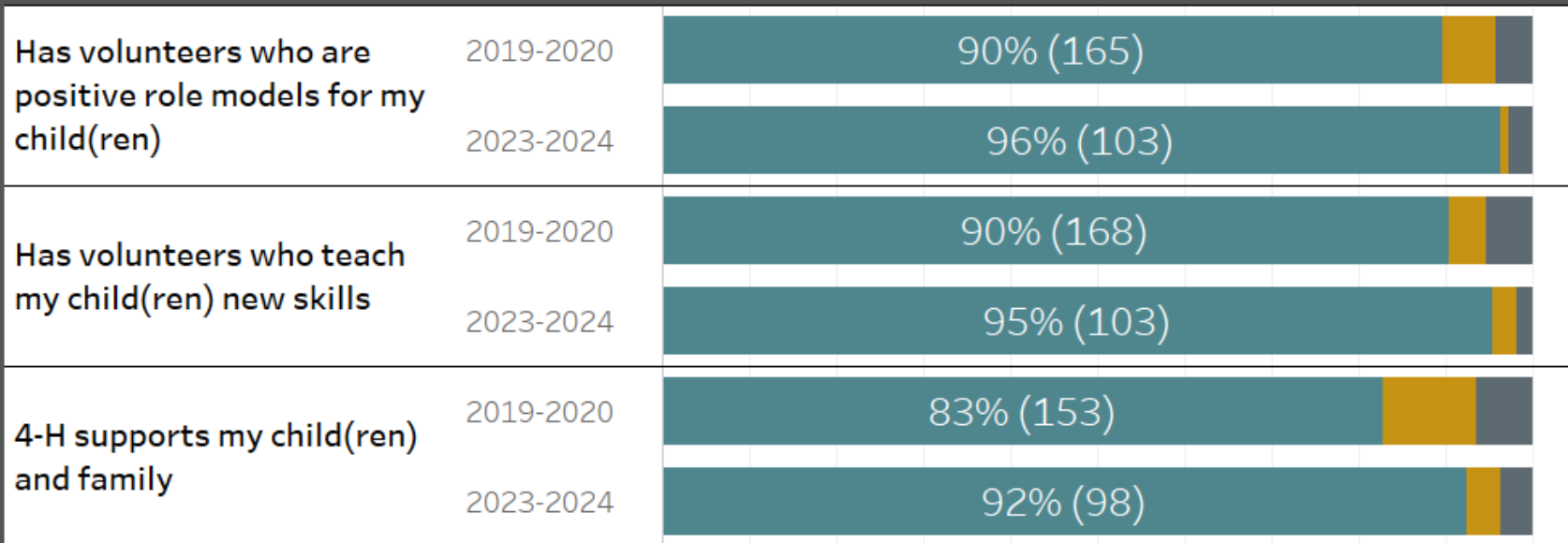
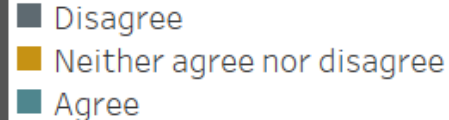
Snohomish County 4-H Today



Overall, we are seeing improvements in adult perceptions of Snohomish County 4-H.

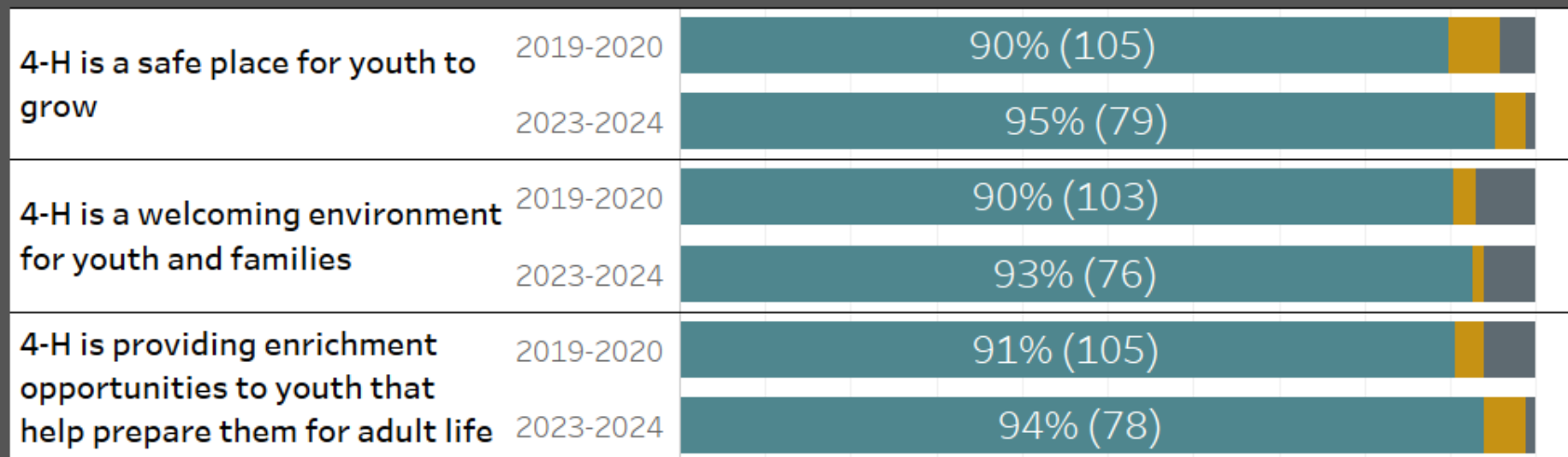
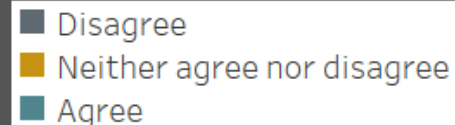
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In general, I feel that my County 4-H..



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I feel that..



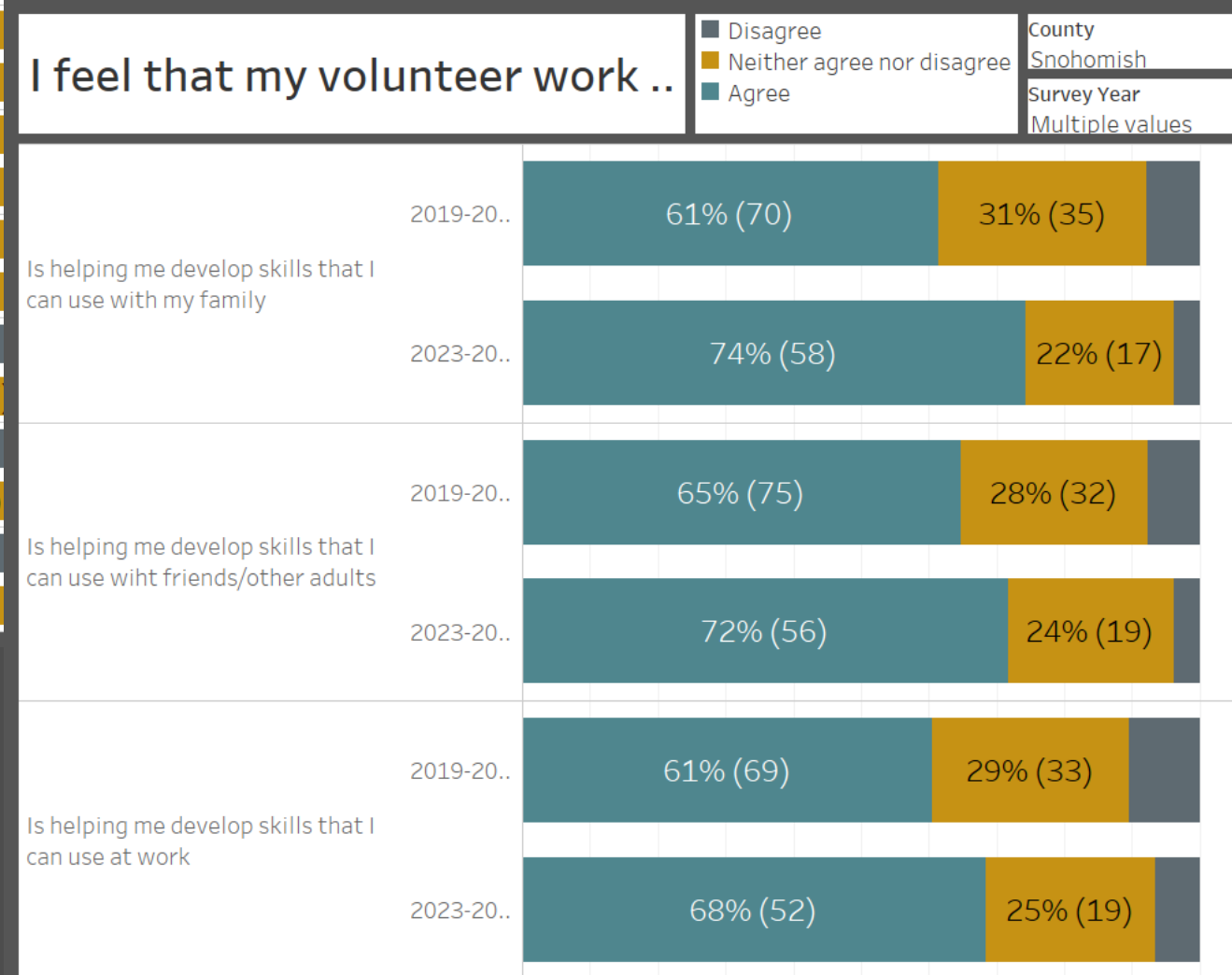
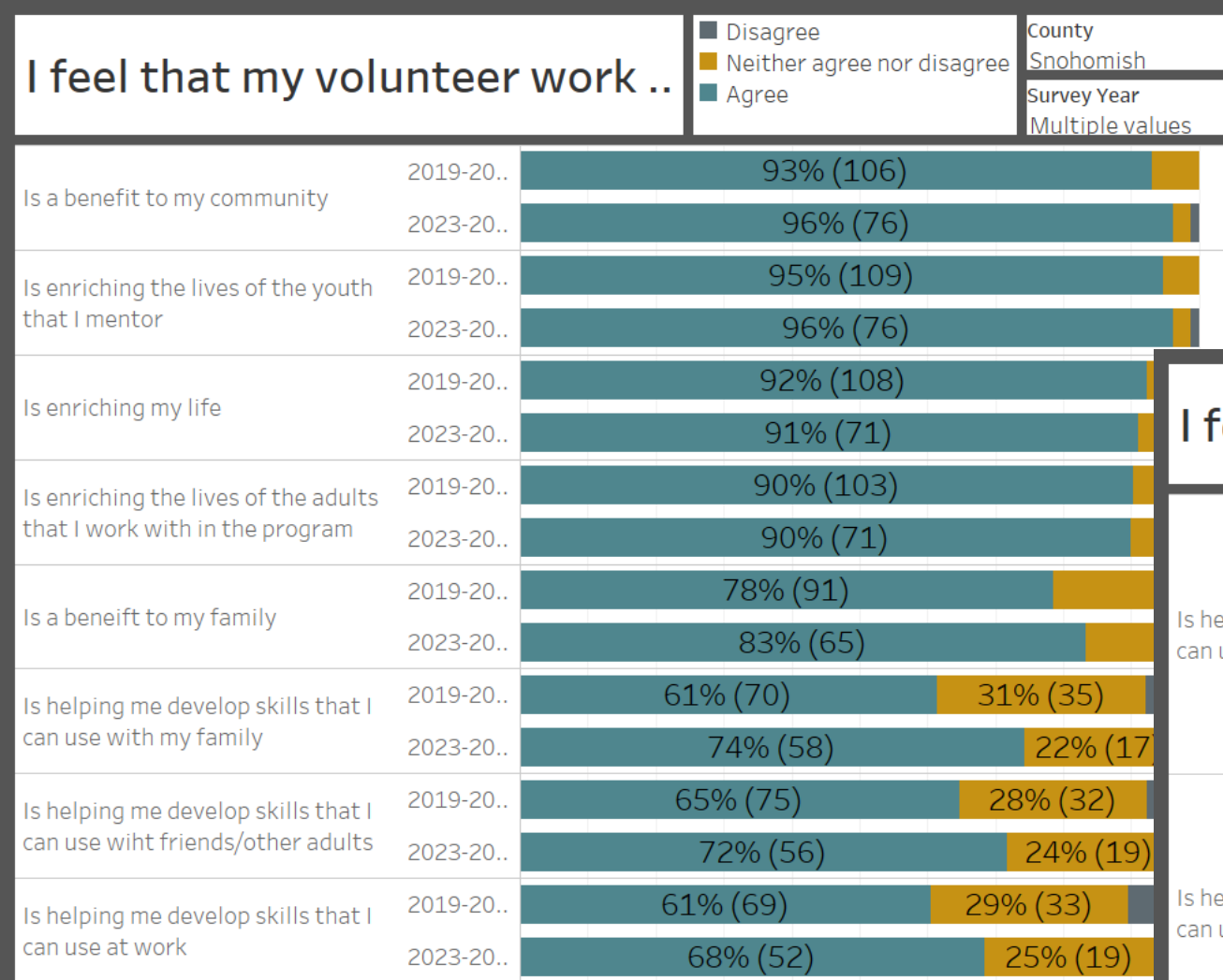
Snohomish County 4-H Today



We have made improvements in key volunteer training areas.

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Snohomish County 4-H Today



Focus Areas and Planning

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4-H program priorities are based on the needs/wants of the community.

Snohomish County 4-H faculty and staff have conducted a survey and assessed community needs that have been incorporated into the WSU Extension Snohomish County 4-H 2024-2026 Strategic Plan.

<https://extension.wsu.edu/snohomish/data-planning/>

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Focus Areas and Planning – Community Needs

Identified Youth Need Categories

1. Mental and Emotional Health
2. Physical Health
3. Safety
4. Drug and Alcohol Use
5. Community Protective Factors

Data Source: Washington State Healthy Youth Survey – 2023 Snohomish County Report

Content Advisory

Community Need - Mental & Emotional Health

- Mental and Emotional Health – Key Findings
 - Anxiety, feelings of hopelessness, and suicidal thoughts reported at an alarming rate
- Physical Health – Key Findings
 - More than 50% not in “normal” weight range, aren’t sleeping enough, and reporting a lot of screen time
- Personal Safety – Key Findings
 - Exposure to and experiencing physical abuse high (>20%), 10%-19% experienced assault, and many are receiving sexually suggestive electronic communications
- Drug and Alcohol Use – Key Findings
 - Trending down, but room for improvement especially with vaping and perception of risk
- Protective Factors – Key Findings
 - >10% report not having someone to talk to, and 28% - 36% don’t have service clubs in their communities

4-H Needs

Needs Expressed by 4-H Community

- Orientation for New Families and Volunteers
 - *“It is very confusing for the first year or so to figure out all the registration requirements and different club levels...”*
- Information dissemination
 - *“I would appreciate better communication about national opportunities”*
- More training
 - *“[We need] mental health training to help support our struggling kids.”*

Data Source: Snohomish County 4-H Annual Adult Survey



Programmatic Needs

- Programmatic Needs

1. Expansion of participation in county-wide and state-wide opportunities

Data Source: Snohomish County faculty and staff

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Goals – Mental and Emotional Health



Mental and Emotional Health

- Expand access to suicide prevention training to all interested adults, with emphasis on youth development professionals.
- Increase willingness of adults to intervene.
- Increase awareness of mental health resources available to the community.
- Increase the number of adults formally trained to recognize the signs and symptoms of mental and emotional crises in youth.
- Increase access to 4-H programs where youth can form bonds with peers and adults.
- Provide suicide prevention training for interested teens.

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Goals – Physical Health



Physical Health

- Increase youth knowledge and skills related to healthy living – specifically food choices that don't stigmatize, physical activity, and reduced screen time.
- Reduce screen time for youth through alternative youth development opportunities via 4-H.
- Increase awareness of the negative impacts of lack of sleep, and increase youth commitment to improving sleep habits.

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Goals – Personal Safety



Personal Safety

- Increase youth knowledge of healthy personal boundaries.
- Increase youth confidence in communicating personal boundaries to peers and adults.
- Increase knowledge of how to seek help if personal boundaries are violated.
- Increase access to 4-H programming where youth have certified 4-H volunteers that they can go to, should they need help navigating challenges.

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Goals – Drug and Alcohol Use

■ Drug and Alcohol Use

- Increase access to youth development opportunities that are supervised by caring adults as alternatives to drug and alcohol use.
- Increase perception of risk around illegal drug, prescription drug, alcohol, and e-cigarette use.
- Help continue to reduce drug and alcohol use rates throughout Snohomish County.

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Goals – Protective Factors



Protective Factors

- Increase awareness of 4-H throughout Snohomish County.
- Increase youth enrollment to 1.5% of youth in Snohomish County by the end of the strategic cycle (2026).
- Provide supplemental training for all 4-H volunteers that are centered around mental health, physical health, and the importance of mentorship, bonding, and belonging as protective factors.

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Goals – 4-H Program

4-H Orientation for New Families and Communication

- Create a community club that will orient new families to 4-H, and train new volunteers.
- Create a one-page fact-sheet for all 4-H families that includes club information, office contact information, and WSU resources.
- Survey parents and volunteers to determine the most common methods of communication.
- Develop a communication plan that includes improvements to newsletter, website, and notification processes.
- Continue improving volunteer training opportunities to meet identified and emerging needs

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Goals – Expanding Access for 4-Hers



Expansion of access to county and statewide opportunities

- Expand opportunities for youth to work with community leaders and businesses as a part of their 4-H experience.
- Increase enrollment in county and state events, including Know Your Government and state and national conferences.
- Investigate and apply for fundraising to send Snohomish County youth to state and national contests, events, and conferences.

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Conclusions



Our Snohomish County Community

- Is actively engaged and supporting our 4-H youth
- Is not immune to the youth mental health crisis that is occurring nationwide
- Has the tools and fortitude to overcome the needs discussed in this presentation

Snohomish County 4-H

- Is in recovery post-pandemic
- Has potential for growth in numerous areas
- Is moving toward being data-driven and strategically managed

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Questions and Comments



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Thank you



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