The **Children & Youth Fund Field of Interest Fund** is part of the Community Foundation of Tompkins County. The Fund’s mission is to promote healthy development of children and youth in ways that complement existing services.

A special feature of Community Foundations, Field of Interest Funds aggregate multiple gifts from many donors over a period of time or are created by individual donors with a strong desire to see grants to address a particular concern. These funds prioritize a specific constituency, issue or geographic area to provide focused yet flexible and responsive grants addressing defined challenges and opportunities.

Field of Interest Funds connect donors with similar concerns and build on the power of synergy and magnification to be able to do more than any one individual might be able to do. Often guided by a committed group of volunteer individuals in an advisory capacity, Field of Interest Funds seek out the latest knowledge and needs in their particular area and use the power of convening to catalyze action to improve our community.

Your candid views and responses to the following questions will assist the Community Foundation in developing priorities and guidelines for future grants. Thank you for participating today and thank you for your commitment to youth.

**Group 1 Notes in Purple Elementary**
**Group 2 Notes in Green**
**Group 3 Notes in Red Middle and High School**

1. **What physical, social and emotional health issues and trends are you seeing now?**
   - Obesity
   - Nutritional health
   - Asperger’s
   - ADHA
   - Bipolar disorder
   - PTSD
   - RAD
   - Increased asthma
   - Increase allergies, peanuts
   - Eating disorders
   - Hygiene, w/o hands on parent care
   - Lack of sleep
   - Dental
   - Too much technology
   - Lack of creative play
   - Lack of social skills
   - Diabetes
   - Feel unwanted
   - Lack of structure
Youth on psychotropic medications
Parent drug abuse
Parental exp. During pregnancy
Depression
Anger
Impulse control
ODD
Anxiety phobias: germs, dental
OCD
Lack of dental for kids with Medicaid (dental health referral services)
Lack of quality parenting (huge increase)
Parents are high need
Kleptomaniacs
Food hoarding
Bullying
Over prescription of drugs to control children’s behaviors

Increasing stress, loss of work, income, diminishing services
Decreased safety nets
Families changing, breaking up, more grandparents as primary guardians
Increasing behavior issues
Lack of discipline at home, manners, structure
Families in crisis leads to inability to manage social/emotional/physical needs of children
Routines and ability to access services, appointments, and health care is poor
Stress from needing 2, 3 or 4 jobs, reduces the time with children
What happens in the summer? Lack of supervision, consumed by TV and electronics
Not just an economics issue
Parents not accepting responsibility and not prioritizing their children, happens all across the economic class spectrum
Lack of a family health plan (as there was for the H1N1 pandemic)
Nurses caught in the middle
Lack of employer support for the parent
Behavior Concerns:
  ADHD
  Reactive Attachment Disorder, no bonding
  Oppositional Defiant Disorder
  Physical acting out, violence
  Increased autism diagnoses
  Bad language

Obesity
Poor nutrition, not always accessing food stamps even when eligible
Dental
Not enough food
Asthma
Pulled out of classroom for so many treatments, missing much classroom instruction time
Behavior medications out of school
Diabetes
Residency is not stable, moving in and out of district

Unsupervised children
Grandparents parenting teens
Foster care kids coming and going
  More transient youth, moving within TST BOCES area region
Multiple schools per year causing difficulties socializing, fitting in
Mental Health Issues
  - Stress, self imposed, lack of supervision
  - Cutting, increase in last few years, peer induced, [County Youth Services will send info about Self-Injurious Behavior developed by Janis Whitlock at Cornell]
Sexual activity, more active, 2-4 pregnancies per year
Eating disorders
Financial stress on kids
  - No cash
  - No food
  - No medical insurance
  - No medications
  - Family finances causing stress
  - Eye care suffers
  - Dental care suffers
  - Transportation costs preventing doctors visits
Poor diet
  - Obesity
  - Need access to healthy food
Cell phones
  - Distracting
  - Used for bullying, sexting- Parents need more information about controls on phones
Cayuga Heights police officer, good resources on bullying, kids, parents, staff
Bullying
  - Cass Program at Lansing uses older students to teach younger students
  - Nurse as point of contact to identify bullying- they see bullied students complaining of physical ailments to avoid conflicts and to have someone to confide in
At middle school and high school, lots of kids self medicate for asthma and diabetes so this is less of an issue than for younger children
More evidence of students on the Autism spectrum, mainstreaming is good but has challenges
Substance Abuse
  - Prevalent- lots of alcohol and marijuana plus now seeing
  - Abuse of medications including over the counter medications
  - Kids know the street value and where to obtain, points of sale

2. What current services and supports for youth are helpful?
   Big brother/big sister
   Afterschool
   Health department free immunizations
   Racker Centers
   DSS Tompkins County case management
   Early interventions
   Ithaca Youth Bureau
   WIC
   Cornell student diabetic monitor
   TC Mental Health
   Family & Children’s (waiting list)
   GIAC
Hospital adolescent psych
American mobile dental
Moms program
Lion’s Club
CCE
Catholic Charities
Local food pantries
Food Bank of the Southern Tier
Cornell Elves, School of Agriculture and Life Sciences
IPEI
Day treatment
INHS
Salvation Army
TC Action
211
OJ guide
Advocacy Center
Police

Foodbank back pack program, sending food home, not in preK, not in all schools and all districts
Family Workers, HeadStart, in danger with budget cuts, home visits, goals, needs, strengths, and referrals to community resources
Evenstart
Family liaison
Facilitated enrollers at ICSD for access to health care, insurance, food stamps
Free and reduced breakfast and lunch
Transportation matters
Extracurricular and sports, for all, not just for those who can manage their own transportation

Ithaca Youth Bureau, Youth Employment Program & Learning Web
Lions Club
Cooperative Extension- Rural Youth Services Programs have staff in rural schools
Primitive Pursuits- an example of an effective outdoor education program
Salvation Army
Churches’ discretionary funds, glasses, shoes, etc.
Libraries, healthy activities
Private benefactors, pay for prom dress, etc
Cornell’s Upward Bound program
Anger management Program- run by Bridges for Youth
TC Mental Health visit to schools, need more mental health services, school counselors
Advocacy Center
  LGBT issues
  Domestic abuse
  Date rape
BOCES
  Lighthouse
  Possibilities
3. **What specific funding might help? What specific actions might help?**

Extra child psychiatry additional access  
More social workers in school  
More access to clinical services  
Didactic parenting classes, hands on demonstrations, varied locations  
Pediatric dental clinic  
Parent mentors, under used grandparent population  
Nutrition clinic  
Breast feeding  
Availability of fruits and vegetables  
BJM fruits and vegetable program  
Improvement of school lunches  
Teaching kids to be outside  
Playground group activities  
Education, kids, community parents  
Comprehensive policy thought TST BOCES  
Increase education in relationship and boundary setting  
Child rearing schools, sim.  
Ref. of medicines  

Available transportation (work activities, health care, pick up a sick child)  
More RED transport program with volunteers  
School based clinics  
  - Immunizing children at school  
  - Dental  
  - Well checks  
Most waking hours at school, so what about cuts  
School nurses consistent, structure, some children seek out daily contact check in to manage their anxiety  
Basics: clothing, shoes, snowpants  
Nurse’s discretionary fund for emergencies and essentials  
Cornell Elves  

Social workers and psychologists on site at schools  
Information re: NYS insurance for children  
Ithaca Free Clinic for children?  
More affordable dental care  
Cover costs of medications & other unbudgeted needs  
Transportation, access, rural transport  
Need for parental responsibility and more presentations by police on bullying, cell phone use & limitations and substance abuse  

**SUMMARY**  
Psychiatry (access to mental health care)  
Dental  
Nutrition and physical activity  
Parenting  
Relationships  

**SUMMARY**  
Increasing stress, loss of work, income, diminishing services  
Decreased safety nets  
Families changing, breaking up, more grandparents as primary guardians
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Obesity
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Dental
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Extracurricular and sports, for all, not just for those who can manage their own transportation
Available transportation (work activities, health care, pick up a sick child)
School based clinics
Nurse’s discretionary fund for emergencies and essentials

SUMMARY
(Group 3 agreed with most of the summaries from the other two groups) +
Mental health needs are huge- more in school services needed
Need for counseling and therapy, less medication based solutions
Need for information resources about programs and services available- like OJ Guides
Need to help students manage Stress
Need to help students and families manage Financial challenges
Bullying affects students physical and social emotional health and needs more work
Need to reduce Substance abuse
Community resources

Thank you so much for supporting the Children & Youth Fund of the Community Foundation of Tompkins County in this meaningful way!