

## 2024 Forum Preparation

Dear Delegate:

Thank you so much for serving as a representative for your service unit. Our Board of Directors values the input of our members and relies on you to communicate on behalf of your service unit.

Each year at [Forums \(GSCNC hyperlink insert\)](#), the Board solicits our members' input on a different topic. This year our focus is on youth mental health and the opportunities Girl Scouts can have on the well-being of our current and future youth members. Since November 2022, the Council has provided Youth Mental Health First Aid (YMHFA) trainings to over 100 Girl Scout council staff and troop leaders. YMHFA is a public education program that introduces participants to risk factors and warning signs of mental illnesses, builds understanding of their impact, and overviews common support. Also in 2022, GSUSA launched the Mental Health Patch Program designed to promote mental-health and mindfulness. To date over almost 1,200 Girl Scout have earned the program patches. We know however, our Girl Scouts need more support.

This year's Forums aim to explore innovative approaches, share insights, and cultivate a collective commitment to nurturing the mental health of our youth members. To guide our delegates, the Board is interested in knowing the following:

- What are the mental health challenges our youth members face?
- What additional mental health programs and resources do our youth members need?
- What mental health training and resources do volunteers need to confidently support their Girl Scouts?

We have developed a discussion guide to help you as a delegate solicit feedback from your service unit. If a Service Unit has more than one delegate, all delegates should have a role in the presentation. Ideally, the discussion would occur at your December or January service unit meeting, so please talk to your service unit manager, and ask for 15-20 minutes on the agenda. The feedback you collect can inform your participation in the Forum – truly representing your service unit.

Once you have gathered your feedback, you will have an opportunity to share at one of the Forums listed below.



## 2024 Forum Preparation

### 2024 Forum Dates

DATE	TIME	LOCATION	Registration Link
Saturday, February 3	1 PM	Girl Scout office - Kingstowne 5680 King Center Drive Suite 110 Alexandria, VA 22315	<a href="https://mygs.girlscouts.org/event-detail?id=204-COUNCIL-FORUM-001-020324">https://mygs.girlscouts.org/event-detail?id=204-COUNCIL-FORUM-001-020324</a>
Saturday, February 10	10 AM	Girl Scout office – Martinsburg 153 McMillan Court Martinsburg, WV 25404	<a href="https://mygs.girlscouts.org/event-detail?id=204-COUNCIL-FORUM-001-021024">https://mygs.girlscouts.org/event-detail?id=204-COUNCIL-FORUM-001-021024</a>
Monday, February 12	7 PM	Girl Scout office – Germantown 20201 Century Boulevard, Suite 100 Germantown, MD 20874	<a href="https://mygs.girlscouts.org/event-detail?id=204-COUNCIL-FORUM-001-021224">https://mygs.girlscouts.org/event-detail?id=204-COUNCIL-FORUM-001-021224</a>
Saturday, February 17 Teen Forum	10 AM	Girl Scout office – DC 4301 Connecticut Avenue, NW Suite M2 Washington, DC 20008	<a href="https://mygs.girlscouts.org/event-detail?id=204-COUNCIL-FORUM-TEEN-021724">https://mygs.girlscouts.org/event-detail?id=204-COUNCIL-FORUM-TEEN-021724</a>
Saturday, February 17	10 AM	Girl Scout office – DC 4301 Connecticut Avenue, NW Suite M2 Washington, DC 20008	<a href="https://mygs.girlscouts.org/event-detail?id=204-COUNCIL-FORUM-ADULT-021724">https://mygs.girlscouts.org/event-detail?id=204-COUNCIL-FORUM-ADULT-021724</a>
Sunday, February 18	1PM	Girl Scout office – Manassas 10432 Balls Ford Road Suite 140 Manassas, VA 20109	<a href="https://mygs.girlscouts.org/event-detail?id=204-COUNCIL-FORUM-001-021824">https://mygs.girlscouts.org/event-detail?id=204-COUNCIL-FORUM-001-021824</a>
Wednesday, February 21 Virtual	7 PM	Zoom	<a href="https://mygs.girlscouts.org/event-detail?id=204-COUNCIL-FORUM-VIRT-021724">https://mygs.girlscouts.org/event-detail?id=204-COUNCIL-FORUM-VIRT-021724</a>
Sunday, February 25	2 PM	Girl Scout office – Brandywine 7704 Matapeake Business Drive, #220 Brandywine, MD 20613	<a href="https://mygs.girlscouts.org/event-detail?id=204-COUNCIL-FORUM-001-022524">https://mygs.girlscouts.org/event-detail?id=204-COUNCIL-FORUM-001-022524</a>
Thursday, February 29 Virtual	7 PM	Zoom	<a href="https://mygs.girlscouts.org/event-detail?id=204-COUNCIL-FORUM-VIRT-022924">https://mygs.girlscouts.org/event-detail?id=204-COUNCIL-FORUM-VIRT-022924</a>

If you have any questions about registering for the Forums, please contact Customer Care, [customercare@gscnc.org](mailto:customercare@gscnc.org). Thank you for all you do to make Girl Scouting possible.

Regards,

***(Insert fresh Signiture)***

Antoinette Barksdale

Second Vice President, Board of Directors

### Delegate Discussion Guide

Request 15-20 minutes on the December or January service unit meeting agenda. **Before arriving at the meeting,** make copies of handout (*see Activity Directions to determine quantity*).

#### Suggested Talking Points:

- **Introduction:** Introduce yourself as a service unit delegate, include other Girl Scout positions or program level, too.
- **Role of Delegate:** As a Delegate, I am responsible for communicating on behalf of this service unit to our Council's Board of Directors.
- **Forums:** Each year at regional meetings or Forums hosted the Board solicits feedback from delegates on different topics. I am planning to attend the Forum on *(date)*.
- **Background:** Each year at Forums (*GSCNC hyperlink insert*), the Board solicits our members' input on a different topic. This year our focus is on youth mental health and the opportunities Girl Scouts can have on the well-being of our current and future youth members. Since November 2022, the Council has provided Youth Mental Health First Aid (YMHFA) trainings to over 100 Girl Scout council staff and troop leaders. YMHFA is a public education program that introduces participants to risk factors and warning signs of mental illnesses, builds understanding of their impact, and overviews common support. Also in 2022, GSUSA launched the Mental Health Patch Program designed to promote mental-health and mindfulness. To date over almost 1,200 Girl Scout have earned the program patches. We know however, our Girl Scouts need more support.
- **Forum Questions:**  
What are the mental health challenges our youth members face?  
What additional mental health programs and resources do our youth members need?  
What mental health training and resources do volunteers need to confidently support their Girl Scouts?
- **Preparation:** Before I attend the Forum, I wanted to get your input on these specific questions.
- **Activity Directions:** I would like you to split into small groups (*2-4 people each depending on the number of meeting attendees*). I have a handout with the questions I would like you to discuss as well as space to record highlights of your discussion. We will do some sharing as a large group, but I need you to capture your discussion in writing so that your ideas are not lost. Questions?
- **Wrap Up:** After about eight to ten minutes of discussion, gather the large group. Ask for two or three highlights in response to the question. Thank everyone for participating and collect handouts.

**Service Unit #:**

**Background:** Each year at Forums, the Board solicits feedback from our members' input on a different topic. This year our focus is on youth mental health, and recognizing the profound impact our efforts can have on the well-being of current and future Girl Scouts. This year's forum aims to explore innovative approaches, share insights, and cultivate a collective commitment to nurturing the mental health of our youth members.

**What are the mental health challenges our youth members face?**

**What additional mental health programs and resources do our youth members need?**

**What mental health training and resources do volunteers need to confidently support their Girl Scouts?**

**Additional Comments:**