KANSAS ASSOCIATION FOR YOUTH

"THRIVING YOUTH: NURTURING MINDS AND BODIES" KAY CLUB NEWSLETTER

SEPTEMBER 2026

LET'S MAKE A DIFFERENCE TOGETHER

Sunflower Health Plan is partnering with KAYAN to support a program called ***THRIVING YOUTH: NURTURING MINDS AND BODIES".*** The mission of ***Thriving Youth*** is to inspire students nationwide to live healthier lives, both mentally & physically and create cultures where we can educate on issues of importance.

Project Areas for 2026 are listed under **PROGRAM OPPORTUNITIES (right column).**

Resources are offered below to engage clubs in school service projects on any of these topics.

988 SERVICES FOR MENTAL HEALTH

Resources for Projects:
https://988lifeline.org/help-yourself/youth/
https://hqkansas.org/
Request for Materials and Trainings through Head Quarters Kansas:
https://www.samhsa.gov/mental-health/988/partner-toolkit
https://orders.gpo.gov/SAMHSA988/Pubs.aspx

DANGERS OF VAPING

Resources for Projects:
https://www.kdhe.ks.gov/1799/Youth-Tobacco-Use-Prevention
https://ks.mylifemyquit.org/
Request for Materials:
https://www.kdhe.ks.gov/FormCenter/Health-Promotion-12/Community-Health-Promotion-Materials-Ord-120

DANGERS OF ENERGY DRINKS

Resources for Projects:
https://www.cdc.gov/school-nutrition/energy-drinks/
https://www.kdhe.ks.gov/2088/Healthy-Drinks

PROGRAM OPPORTUNITIES

Participation in ***THRIVING YOUTH*** projects is not required but does provide KAY clubs with many valuable lessons and experiences. Each club has the opportunity to **EARN $100** for participating in at least **2 PROJECTS**. Clubs have the following three topic areas to choose from for projects:

- **Topic 1: 988 Services for Mental Health**
- **Topic 2: The dangers of vaping**
- **Topic 3: The dangers of energy drinks**

The 2 projects may be any combination of the three topics, or may cover the same topic.
Examples:
Project 1 - 988; Project 2 - The dangers of vaping
Project 1 - The dangers of vaping; Project 2 - The dangers of energy drinks
Project 1 - 988; Project 2 – 988

TO PARTICIPATE, KAY CLUBS MUST OBTAIN REQUIRED PERMISSION FROM THEIR SCHOOL ADMINISTRATION.

PROJECT TIMELINE

07/30/2026 – Presentation at KLC
09/22/2026 – Email/Newsletter sent to all KAY Club Sponsors
12/15/2026 -Deadline to email KAYAN (Cheryl Gleason) for club participation. This is Important for receiving more reminders & setting the TY budget.
04/15/2027 – Report Form for completed projects due to KAYAN (Cheryl Gleason) –form located @ KAY website - Thriving Youth
05/01/2027 – Notification Letter & Check mailed to qualifying clubs

QUESTIONS ?
Contact Cheryl Gleason – text/cell 785-231-8895 or email cherylgleason789@gmail.com