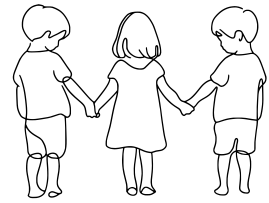


YOUTH EXTENSIONS



JANUARY
2026

"Preserving our community one family at a time"

January Mental Wellness Highlights

- January is recognized as Mental Wellness Month, offering an opportunity to focus on emotional well-being and sustainable habits.
- Flexible goals can reduce stress and anxiety. Taking small, positive steps helps prevent being overwhelmed and the pressure of feeling "perfect".
- January is also National Thank You Month, a reminder that expressing gratitude - both given and received - supports emotional well-being and strengthens connection.

SAD - SEASONAL AFFECTIVE DISORDER

Shorter days and reduced sunlight can affect mood and motivation. Light exposure, gentle movement, routine, and social connection can help support emotional balance during winter months.



Pathways CE-CERT Program

YE was accepted into the Pathways to EBT program in September 2025, which has allowed Direct Care, Supervisory, and Leadership staff members to receive virtual training focused on providing evidence based care to the population we serve

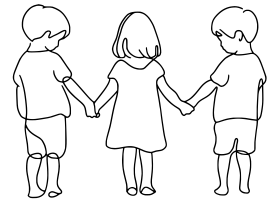
Refer a Consumer

Referrals can be quickly and easily completed using the "Referrals" tab on our website: www.youthextensionsinc.com

Rumination Presentation

Members of our Operations team recently completed a successful presentation on reducing rumination for staff. The presentation focused on the negative effects of rumination, and our staff came up with several strategies for reducing rumination that will be used throughout the agency! Keep an eye out for the results of our staff rumination survey - we are implementing strategies to reduce burnout in all of our staff.

YOUTH EXTENSIONS



JANUARY
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"Preserving our community one family at a time"

Benefits Spotlight: Supporting Our Team

MEDICAL, DENTAL, & VISION

Blue Cross Blue Shield: 50% of employee costs covered by Youth Extensions.

PAID TIME OFF

Vacation and sick time: Full-time staff accrue both to recharge and take care of their needs.

401(K) RETIREMENT PLAN

3% employer match to help staff save for the future.

COMING SOON

Employee Assistance Program (EAP): Confidential counseling and support services available at no cost.



Highlighting YE Reviews

"I've worked with a clinician from this organization for all my children...we are super thankful for the help we have gotten in all levels"

I had a great experience with YE. We were referred by the school and the process was very simple and fast. Once my son started therapy I noticed a huge difference."

YE is Hiring!

Intensive In-Home:

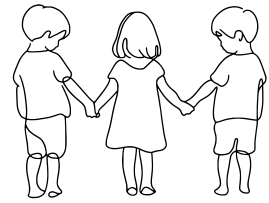
- **Team Leads (Durham County, Cumberland County)**
- **Qualified Professionals (Durham County, Cumberland County)**

Day Treatment:

- **Part Time Driver**



YOUTH EXTENSIONS



**FEBRUARY
2026**

“Preserving our community one family at a time”

February Mental Health Calendar

EATING DISORDER AWARENESS WEEK - 2/24- 3/2

Early screening and
compassionate, non-judgmental
conversations can be life saving

WORLD CANCER DAY - 2/4

Mental health support plays a
critical role in helping people cope
with a chronic health diagnosis

HEART HEALTH MONTH

Mental health and heart health
are deeply connected - chronic
stress, anxiety, and depression can
impact cardiovascular health



Service Spotlight: Tailored Care Management

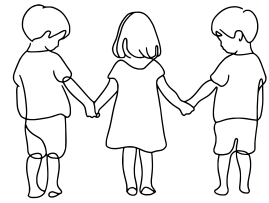
- Tailored Care Management (TCM) is a service designed to support individuals with complex needs by coordinating care across medical, behavioral health, and social service systems.
- TCM helps ensure communication is clear, services are aligned, and care plans reflect the whole person.
- For staff, this means more structured coordination, clearer roles, and additional support for individuals who require higher levels of care.
- Feel free to reach out to our TCM team -
Philicia Joy
(Philicia.joy@youthextensionsinc.com)
and Gwen Johnson
(Gwen.johnson@youthextensionsinc.com)
- or a member of the Leadership team
for more information!

Office Activity - Jigsaw Puzzle!

- Stop by the Administrative Office to work on our puzzle!
- A small reminder to step away, reset your brain, and take a few minutes for yourself. Add a piece anytime



YOUTH EXTENSIONS



**FEBRUARY
2026**

"Preserving our community one family at a time"

Durham Community Resources



- **Urban Ministries of Durham**
 - Food, emergency shelter, and clothing resources
- **Food Bank of Central & Eastern NC - Durham**
 - Food assistance and long-term food security planning
- **Durham Community Food Pantry**
 - Provides consistent pantry supplies and referrals
- **Durham Rescue Mission**
 - Emergency shelter services and support programs
- **Farmer Foodshare**
 - Distributes fresh, local produce
- **NC 2-1-1 Information and Referrals**
 - Connection to a wide range of local services



Strategies for Avoiding Burnout: Rumination Buddies

- Staff are encouraged to identify a "rumination buddy" - a trusted colleague to connect with when stress or repetitive thoughts occur
- This practice is intended to:
 - Interrupt rumination and reduce cognitive load
 - Support emotional regulation through brief peer connection
 - Promote early intervention before stress contributes to burnout
- Participation is voluntary - please reach out to the management team with any questions!

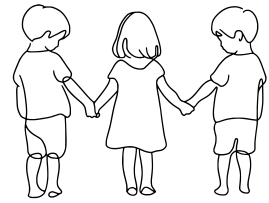


Spotlight: NC Black Farmers Market

- Farmers market operates 1st and 3rd Sundays each month at Durham Tech
- Free produce boxes given out periodically - follow them on Instagram!



YOUTH EXTENSIONS



MARCH
2026

"Preserving our community one family at a time"

March Mental Health Calendar

- **Self Injury Awareness Day - March 1**
 - Often a coping response to overwhelming emotions - awareness supports trauma-informed, compassionate responses and early recognition
- **National Sleep Awareness Week (March 10-16)**
 - Chronic sleep disruption can intensify anxiety, depression, and burnout. Healthy sleep routines benefit personal wellbeing and stress tolerance.
- **Brain Awareness Week (March 10-16)**
 - Understanding how stress, trauma, connection, and rest impact the brain helps inform evidence-based care
- **National Drug and Alcohol Facts Week (March 17-23)**
 - Education and non-stigmatizing language are crucial components of prevention and recovery



Inside Our Work: Supporting Access to Care

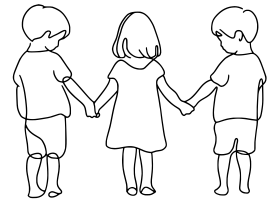
- **What?**
 - We are reviewing service utilization across our programs to ensure consumers are receiving the care available to them
- **How?**
 - By regularly reviewing access to services, we can identify barriers and strengthen continuity of care
- **Why?**
 - This work helps us align care delivery with individual needs while keeping our services effective and sustainable for our staff



March is Social Workers Month!

**YE appreciates the fantastic
Social Workers on our staff in
March and every month!**

YOUTH EXTENSIONS



**MARCH
2026**

"Preserving our community one family at a time"

We Appreciate Our Staff!

Our staff had a great time at our Thanksgiving Potluck and our company Holiday Dinner. What staff events would you like to see in 2026? Let us know!



Did You Know?

Youth Extensions has been providing services to children and families in North Carolina since 2008 and has been nationally accredited since 2009!



Additional Educational Resources for Families

- The National Institute of Mental Health offers Digital Shareables on their website for a variety of mental health diagnoses
- Families can locate providers using the Alliance "Find a Provider" tool
- Access journal publications and additional resources on the SAMHSA website



Youth Extensions, Inc.

Preserving Our Community One Family At A Time.

Day Treatment:
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Durham, NC 27707

Administrative Office:
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Pkwy, Suite 112
Durham NC 27707

Cumberland County:
823 Elm Street Suite 107
Fayetteville, NC 28303