



Connie Beck, Director
Social Services | Public Health | Mental Health

news release

July 28, 2017

Youth-focused Wellness Week scheduled

The Humboldt County Transition-Age Youth Collaboration's (HCTAYC) Youth Advisory Board will hold its fifth annual Wellness Week. Local young people are invited to participate in a week of Hawaiian-themed wellness events that starts Monday, Aug. 7.

During the week, attendees will be "He puko'a kani `aina" (Strengthening Our Wellness) with events kicking off at 4 p.m. at the Humboldt County Department of Health & Human Services Transition-Age Youth (TAY) Division's new facility at 433 M St. in Eureka. Youth 16 to 26 years old are invited to enjoy food and learn about the upcoming activities and workshops.

Wellness Week explores the Substance Abuse Mental Health Services Administration's (SAMHSA) eight domains of wellness: emotional, financial, social, spiritual, occupational, physical, intellectual and environmental. The TAY Division serves young people with lived experience in foster care, behavioral health, homelessness, alcohol and drug treatment and/or the juvenile justice systems as they transition into adulthood and independence.

Events and workshops include budgeting, personal organizing, higher education, exercise and cooking classes.

"We are so fortunate to have our Lead Peer Coach Ipo Ma'e share her native Hawaiian culture with the youth of Humboldt County," TAY Division Social Worker Calla Peltier-Olson said regarding the week's theme. "Incorporating indigenous wellness models into our work not only helps engage other native youth but provides opportunities for all youth to shatter stereotypes while building community."

The Wellness Week closing ceremony will take place Saturday, Aug. 12 at 1 p.m. at the TAY office. This event will include a barbecue, games and a raffle.

A full schedule of events for HCTAYC Wellness Week 2017 is available at the TAY Division office. Attendees can stay up-to-date with an RSVP at the Wellness Week Facebook event page and by liking HCTAYC at

facebook.com/hctayc. HCTAYC can also be reached at 707-476-4922 or by emailing humboldtyouth@gmail.com.

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