Brooke County Annual Report 2018

Putting Knowledge to Work!

West Virginia University Extension Service works to provide solutions in your community through key programs and resources, including agriculture and natural resources, 4-H and youth development, food and nutrition, health and wellness, financial planning and home gardening. These research-based programs and services are available to all Brooke County residents thanks to the tremendous support of our community members, local organizations, volunteers and local partners, including the Board of Education and County Commission.

Highlights

- The WVU Brooke County Extension Service office has coordinated a West Virginia, Pennsylvania and Ohio collaborative for regional tourism with a 160-member database from three states and 11 counties.

- The WVU Brooke County Extension Service office has secured an AmeriCorps Vista for a year with a local match grant to fully fund the position. The Vista will coordinate community engagement and economic and community development activities and events in Brooke County.

- Brooke County 4-H camp was at max capacity in 2018, with a waiting list for campers.

- WVU Brooke County Extension Service partnered with Brooke Middle School to teach the LifeSkill Evidence Based Curriculum to every seventh grader in Brooke County Schools.

- WVU Brooke County Extension Service and Brooke Middle School offered the evidence-based Strengthening Families Program to Brooke Middle School seventh graders and their families, with families completing the program.

- A new 4-H club started at Brooke Middle School during school time, with more than 30 members and school-wide projects in development for 2019.

- WVU Brooke County Extension Service partners with Advocates for Substance Abuse Prevention to support a grant bringing in $625,000 over five years for Brooke and Hancock counties.

- Provided technical assistance and helped in preparing a $200,000 grant for the northern panhandle soil conservation program for a new position to provide technical support to area farmers. The grant was awarded and position is filled.

4-H and Youth Development
**Camping**
- The 2018 Brooke County 4-H camp was sold out, with 82 campers registered and a waiting list of approximately 10 individuals.
  - 91.7% of older campers said they have a chance to be a leader.
  - 91.7% of older campers said they are encouraged to plan for their future.
  - 81.8% of younger campers said they learn about ways to help their communities.
- Brooke County 4-H has excellent camp staff who participate in high-quality camp counselor training.
  - 97.1% of younger campers said that adults care about them.
  - 90% of younger campers said that they could go to a leader if they had a problem.
  - 95.8% of older campers said they felt like they belonged.

**4-H School-Based Programs**
- The Brooke Middle School Little Bruins 4-H club has over 30 students that meet once per week during the school day.
  - Started a school-wide paper recycling program.
  - Working on a school garden project.
  - Sponsoring projects for the Brooke County animal shelter.

**Traditional 4-H Programming and Clubs**
- Brooke County has two traditional county-based 4-H clubs, one in Wellsburg and one in Follansbee with approximately 15 active youth involved.
- The 4-H Teen Leaders have seven active members doing community service projects and planning camp.

**Energy Express**
- Energy Express in Brooke County funded 49 students in the county.
  - Total average attendance was 94% based on the percent of enrollment average.
  - 2,050 meals were served to children enrolled in the program and 462 were served to youth volunteers.
  - Energy Express in Brooke County totaled 1258.25 volunteer hours from both youth and adults in our community.
  - Governor Jim Justice made a special appearance and read to the students at our Energy Express site.
  - Six Brooke County college students returned home and serve as AmeriCorps members over the summer.
  - The Brooke County Extension Office has built in a six-day STEM component to students enrolled in Energy Express.

**Energy Express STEM ADD On**
- An after Energy Express STEM Program was offered to youth, 26 youths stayed after to be a part of the three-day program.
  - 95.2% agree or strongly agree they had fun at the program.
100% agree or strongly agree they would like to participate in the program next year.
85.7% agree or strongly agree they learned a lot about STEM.
85.7% said as a result of what they learned at the STEM program, they will be more interested in science and math classes when they return to school this fall.

**4-H School Enrichment**

The Brooke County Office partners with Brooke County schools to provide school enrichment activities and lessons for students.
Many presentations are completed each year in the schools, including STEM, health, mental health and substance abuse prevention presentations. Presentations listed below are complete with evaluation results. For a look at all programs offered through the Brooke County Office, please see our school menu.

Healthy relationships lesson completed with every sixth grader at Wellsburg Middle.
- 86.1% report having a more positive self-image after the training.
- 97.1% agree or strongly agree that they learned about positive relationships.
- 80.7% realize that they cannot change someone.
- 97.1% agreed or strongly agreed that they learned how to maintain a positive relationship with themselves.
- 93.7% agreed or strongly agreed that they would have more positive relationships with people in their lives after the training.
- 88.3% reported a gain in confidence after the training.
- 90.9% agree or strongly agreed that they now understand how to deal with people they rank below a 5 on a scale from 1 to 10.
- 85.7% said they would make a positive change in their lives because of the training.

Healthy Relationships lesson completed with every seventh grader at Wellsburg Middle.
- 84.7% report having a more positive self-image after the training.
- 98.3% agree or strongly agree that they learned about positive relationships.
- 93.2% realize that they cannot change someone.
- 90% agreed or strongly agreed that they learned how to maintain a positive relationship with themselves.
- 96.7% agreed or strongly agreed that they would have more positive relationships with people in their lives after the training.
- 80% reported a gain in confidence after the training.
- 98.4% agree or strongly agreed that they now understand how to deal with people they rank below a 5 on a scale from 1-10.
- 90% said that they will make positive changes in their lives after going through the training.

Lego third grade We-Do presentation
- 25.4% strongly agree/agree response gain in “I can explain what robots and robotics are.”
- 32.9% strongly agree/agree response gain in “I can build a robot.”
- 54.4% strongly agree/agree response gain in “I can write programs to control a robot.”

Lego fourth grade We-Do presentation
• 40% strongly agree/agree response gain in “I can explain what robots and robotics are.”
• 33.3% strongly agree/agree response gain in “I can build a robot.”
• 46.7% strongly agree/agree response gain in, “I can write programs to control a robot.”

Agriculture and Natural Resources

5th Grade Agricultural Days

• Every fifth grader in Brooke County Schools participated in youth agriculture days. This event is a partnership with the Brooke County Board Education, the Brooke County Museum and Cultural Center and local farmers.
  ○ 76.2% of students said that they want to learn more about agriculture after attending the event.
  ○ Teachers were asked to evaluate the event, 100% rated it as excellent. 100% strongly agreed that questions were asked that led students to think critically, students were provided an opportunity to participate and that students left each station with a good understanding of the subjects presented.

Local Foods

• WVU Extension’s Family Nutrition Program helps promote the local farmers market in Brooke County in Wellsburg and Follansbee.
  ○ Gave away free farmers market bags to make shopping local easier, and also gave away vegetable scrubbers to the shoppers at the market.
  ○ Fresh-food demonstrations using produce from the local farmers were also a hit amongst the shoppers. Fresh salsa and tomato mozzarella salad were two of the favorites at this year farmers markets.
  ○ Farmers were also given healthy recipes to handout along with their produce to promote sales at the markets.

• WVU Extension’s Family Nutrition Program also coordinated a farmers market at Wellsburg Primary School where each child was given three dollars to purchase local fruits and vegetables.
  ○ All the produce was grown locally.
  ○ Brooke County farmer Ruth Brown participated in the market and sold out of goods.
  ○ Brooke County’s Family Roots Farm also sold tomatoes at the children’s market.
  ○ The markets allowed each child at the school to purchase whatever local fruits and vegetables they wished, and also allowed them the opportunity to taste test several vegetables at the market before shopping.
Family and Health

PROSPER

- WVU Extension partnered with community leaders and families in Brooke County to implement The Prosper Program. PROSPER, short for Promoting School-community-university Partnerships to Enhance Resilience, provides programs created to strengthen families and reduce risky youth behaviors such as drug or alcohol abuse.
  - The first part of the PROSPER initiative is the Strengthening Families Program which works to improve parent-child communication and increase family well-being. This program is offered to all sixth graders and their families. We had four families graduate in Brooke County this fall.
  - The second part of the PROSPER model is the school-based Life Skills Program which is for all seventh graders. The program’s goal is to prevent teenage drug and alcohol abuse, adolescent tobacco use, violence and other risky behaviors. The life skills curriculum teaches students self-management skills, social skills and drug awareness and resistance skills.
  - In both the family and school-based programs, evaluations are completed. The comparison from pretest to posttest surveys have shown improvement in communication, values and understanding boundaries which is consistent with the proven results in other states over a 20-year period.

- Family Nutrition Program:

- WVU's Family Nutrition Program started a walking program called Walking Wellsburg.
  - The program encouraged participants to walk 30 miles in 30 days or 60 miles in 60 days.
  - 156 people participated in the walking program.
  - Businesses were also encouraged to participate and give their employees a walking break during the work day to make participation easier.
  - The Brooke County Health Department agreed to give their employees a 30-minute walking break to participate, and the city manager committed to giving his employees a 15-minute walking break to participate.
  - Main Street Bank and several other small businesses also agreed.
  - Walking Wellsburg was an individual challenge, but having the support of the community and a break during the work day makes it easier for people to participate.

- WVU’s Family Nutrition program also offered direct education in many Brooke County Schools. Nutrition classes were offered for six to seven weeks at Wellsburg Primary, Beech Bottom Primary, Jefferson Primary, Hooverso Heights Primary and Colliers Primary. The classes consisted of nutrition education, physical activities and healthy food demonstrations and taste testing.

Safety and Health

ATV Safety Day
Every student at Hooverson Heights Primary School participated in a hands-on ATV safety lesson about wearing the proper ATV equipment and the dangers of riding double on an ATV.

**Handwashing**

At the request of school nurses and teachers, every Kindergarten class at Brooke Primary North and Brooke Primary South participated in WVU Extension's hand washing program.

**Community Development/Tourism/Economic Development**

- WVU Brooke County Extension Service helps coordinate the County Economic Development Authority. The EDA has been rejuvenated and we now coordinate quarterly meetings with actively engaged committees working in between the meetings.
  - The EDA has coordinated three Brooke-Hancock Annual Entrepreneur PITCH Contests with an average of seven new business ideas pitched each year and the winner receiving a $6,500 award to further their new business.
  - WVU Brooke County Extension Service also established an Annual Economic Summit in Brooke County through the EDA with more than 50 elected federal, state and local officials, business leaders, Chambers of Commerce and others in attendance.

- Brownfield Development is an important area that we are working on in Brooke County.
  - WVU Extension has been engaged in serving on a regional committee to identify brownfield sites in the region and secure funding to abate the asbestos contaminates.
  - Once the property is cleared, that opens the door for developing the property for reuse. Brooke County has one of the premier sites in Wellsburg area.
  - The committee enlisted the WVU resources to coordinate a community effort to facilitate community discussions about the old glass factory site, envision new ideas for the site and secure WVU interns to provide artwork for this project.

- WVU Brooke County Extension Service established the annual county volunteer recognition event.
  - WVU Brooke County Extension Service created a volunteer award nomination program that is reviewed annually. Outstanding volunteers are selected and recognized by the County Commission at the annual event.
  - The event is very well publicized and has served as a catalyst to promote and recognize volunteerism.

- WVU Brooke County Extension agent took over as president of the Brooke County Committee on Aging, is a board member and advisor to the Brooke County EDA, an advisor to the Brooke County Fair Board, a member of the Brooke-Hancock FRN and Marshall County FRN, and a member with the downtown Wellsburg Revitalization Committee.

- Conducted a state board training for the West Virginia County Soil Conservation elected officials in Flatwoods, West Virginia.

- Provided technical assistance and helped in preparing a $200,000 grant for the northern panhandle soil conservation program for a new position to provide technical support to area farmers. The grant was funded.

- Regional Tourism is really taking off in the Upper Ohio Valley Region and is coordinated by the WVU Brooke County Extension Service office.
The Visit Upper Ohio Valley Regional Tourism Committee held bi-monthly meetings throughout the northern panhandle in 2018 with representatives from the three-state collaborative.

A 160-member database of members from three states and 11 counties attend bi-monthly meetings throughout the northern panhandle of West Virginia. Attendees come to give updates on exciting events and attractions from around the 11 counties and three neighboring states.

These eleven counties are working together to promote our region as a whole and increase our tourism capacities. We recently established a Visit Upper Ohio Valley website and will begin efforts to develop a new social media site for the group by March of 2019.

We are excited to announce Jefferson County in Ohio has agreed to be the first out-of-state county to host our next regional meeting.