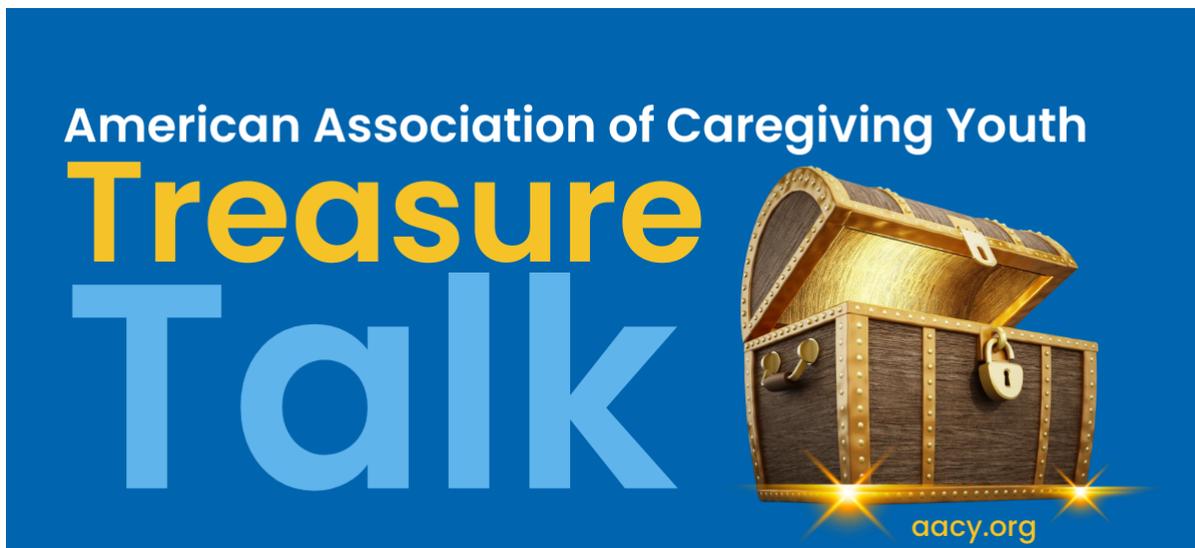


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Volume 202 | February 2025 in Review



| February Treasure Talk 2025!

As a Caregiving Youth, you are very aware of how the life of you and your family can change in an instant. The majority of such changes are beyond your control and yet they impact your life at school and personally, as well as your family. Sometimes, it is easy to think, "What if I did this or that differently?" And, it is sometimes easy to blame yourself.

Please know that life and health happenings are beyond your control and are not your fault! Know that through this, and with the support of your Family Specialist and others, you will become stronger, plus feel valued and recognized for the important role you hold.

You are not alone in this journey!

Dr. Currie



AACY Activities

Andreana Holliman, Activities Manager



| Activities Recap & Preview:

Greetings, CYP Friends!

We hope you had a wonderful Valentine's Day and felt lots of love from the people around you! February was a quiet month for activities, but we have some exciting events coming up that we can't wait for you to be part of.

First, mark your calendars for **Overnight Camp Treasure on March 7th & 8th!** This is a fun overnight camp where you can take a break, meet new friends, and enjoy time just for YOU.

Then, don't miss **Caregiving Youth Action Day on March 20th!** This is a special virtual event where you can help make a difference by sharing your voice.

For our seniors, we have the **Senior Graduation Celebration on May 22nd** at Palm Beach State College! Plus, seniors can enter the **Senior Essay Writing Contest** for a **chance to win \$750!** The first 10 seniors to submit their essays will also receive a \$25 gift card.

Don't forget to check out your event photos on our Instagram [@caregivingyouthproject!](https://www.instagram.com/caregivingyouthproject/) Be sure to keep an eye out for more upcoming activities as well.

Thank you.

Andreana Holliman, BA



| Sign Up for Caregiving Youth Action Day 2025!

CAREGIVING YOUTH ACTION DAY USA 2025



For Caregiving Youth by Caregiving Youth!

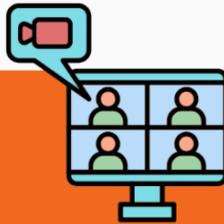
Join us via Zoom - Meet other kids who are caregivers and hear about organizations helping in the US. Let's get together!



You are invited: THURSDAY, MARCH 20, 2025

zoom 4:00 PM EST [REGISTER NOW!](#)

Contact: Andreana Holliman | Activities Manager | Andreana@aacym.org | (Text) 561-290-2037



Did you know that there are kids in middle and high school who care for people in every state?
You are not alone.

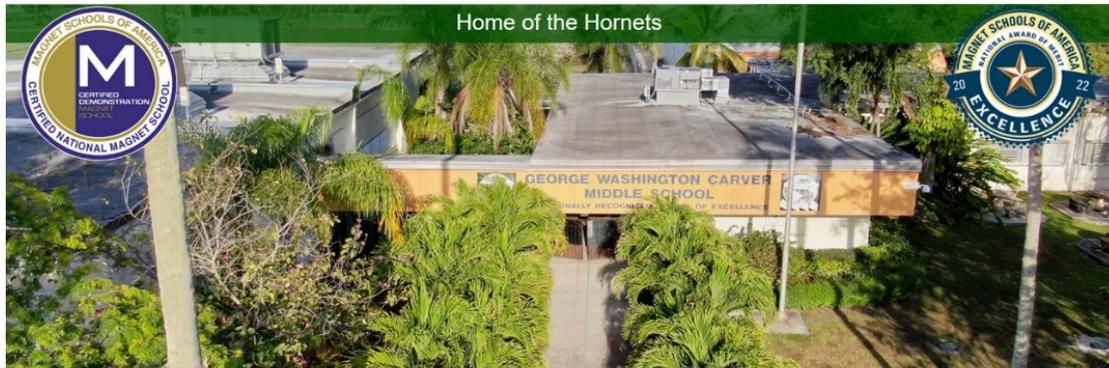
Join a Zoom call with Caregiving Youth from across the country!

This is a great opportunity to connect, share experiences, and be part of a national conversation. Talk to your Family Specialist, or [click here](#) or [the graphic above](#) to register!



AACY School Shout-Out

SHOUT OUT TO GEORGE WASHINGTON CARVER MIDDLE SCHOOL



GEORGE WASHINGTON CARVER MIDDLE SCHOOL

MIAMI-DADE COUNTY PREMIER INTERNATIONAL MAGNET MIDDLE SCHOOL



"I want to take a moment to shout out the incredible and dedicated staff at **Carver Middle School!**

Principal Grice personally called me and provided a referral for a student she believed could benefit from being a part of our program. That student, I am happy to say, is our newest Caregiving Youth at the school! **Principal Grice goes above and beyond in providing invaluable support and resources** to her students; her leadership and dedication make a world of difference.

That support for our program doesn't stop with just her. From the moment I walk into the school and am greeted by **Ms. Wimberly, B. Bostwick, or T. Bostwick**, I am shown the kind of energy that exudes throughout the whole school, one of genuine excitement.

I cannot forget my Point of Contact at the school, **Ms. Render**, who at a moment's notice is always ready to lend a helping hand, and **Behavioral Health Professional, Ms. Sims** who will always send me a Caring First referral for a student she believes can benefit from being in our program, and **Assistant Principals Mr. Kirkwood and Ms. Bonzil** who always make sure to check in on me with a quick "Hello, How are you?, Are you good?, and do you need anything?" when I am at the school.

Finally, I want to recognize the collective effort in supporting our program. Your commitment to its success underscores its importance, and it means so much to see how deeply you care about our students' growth and well-being!" - Schmy Jasmin, B.A., Family Specialist

AACY Support Corner

| We Support You:

We're here to support you on your caregiving journey. We'll share fun and educational content, inspiring stories from caregivers who are students or people around the world who are trying to help, and reminders that you're not alone. **Thank you for all that you do for your family.**

| Caregiving Youth: Sharing Their Stories



"Hello, my name is Farah. I am in the 8th grade and care for my grandma. She has kidney failure and is on dialysis. Taking care of my grandma is one of the most important things to me.

A time when I felt my proudest was after my grandma had dialysis, and while my older sister was cooking, I cleaned the entire house for my grandma so she could rest. It meant a lot to me because I knew it made a difference in how comfortable she would be being able to move around the house.

Being a caregiver comes with its challenges. There are days when I have plans, or I'm exhausted from school and want to rest, but I know I can't because my grandma needs me more. She has always been there for me, and now it's my turn to be there for her. Some of the things I will do when with her are cooking with her, doing her laundry, getting her phone, and taking her to the bathroom. It's not always easy, but it's worth it.

I never knew what dialysis was, how long it takes to get a new kidney, or what my grandma was really dealing with and going through until I became a part of the Caregiving Youth Project. **Being able to talk to my Family Specialist and other Caregiving Youth helps me remember that I am not alone."**

Keep being awesome, Farah!



Kids Are Caregivers Too

More than 5.4 Million in the United States



THERE ARE MORE THAN 5.4 MILLION KIDS IN THE UNITED STATES WHO LIVE WITH AND HELP PROVIDE DAILY CARE FOR HOUSEHOLD MEMBERS WITH A PHYSICAL OR MENTAL ILLNESS, DISABILITY, OR FRAILTY ASSOCIATED WITH AGING, DISEASE, OR OTHER CONDITION.

Did you know there are more Caregiving Youth in the U.S. than the total student population of New York City, Los Angeles, Chicago, Miami-Dade, and Houston combined?

"In the United States, more than 5.4 million children and adolescents under age 18 provide care for family members who are aging or have chronic illness, disability, or other health conditions that require assistance," according to the Social Policy Report titled "The United States Should Recognize and Support Caregiving Youth."



| Caregiving Youth Interview: Jose Rocha



JOSE ROCHA
American Associ...
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JOSE ROCHA talks about his experience with the AACY Caregiving Youth Project ...more

Jose, a member of the Caregiving Youth Project, has been a caregiver for two years. He shared how being a Caregiving Youth has helped him grow and find balance in his life.

"Before, I wasn't really focused on school. I was always taking care of my mom and grandpa, just checking on them and making sure everything was okay," Jose explained.

"But AACY helped me figure out how to manage both caregiving and school at the same time."

Jose talked about how AACY has given him support in ways that made a real difference. "When I was in seventh grade, I didn't have a computer. AACY gave me one, and after that, my grades started improving," he said.

He also shared how AACY has helped him feel more confident about his future. “They’ve given me so many gifts—it’s hard to count them all. Mostly, they helped me figure out where to go and not feel stuck anymore. **Now, I know how to move forward.**”

 Watch Jose’s full interview on [YouTube](#).

We’re so grateful to students like Jose for sharing their stories. By speaking up, they not only encourage other kids but also remind them that they’re not alone in their journey.



AACY News

| Texas Teen’s Advocacy Brings Statewide Recognition to Caregiving Youth



TEXAS

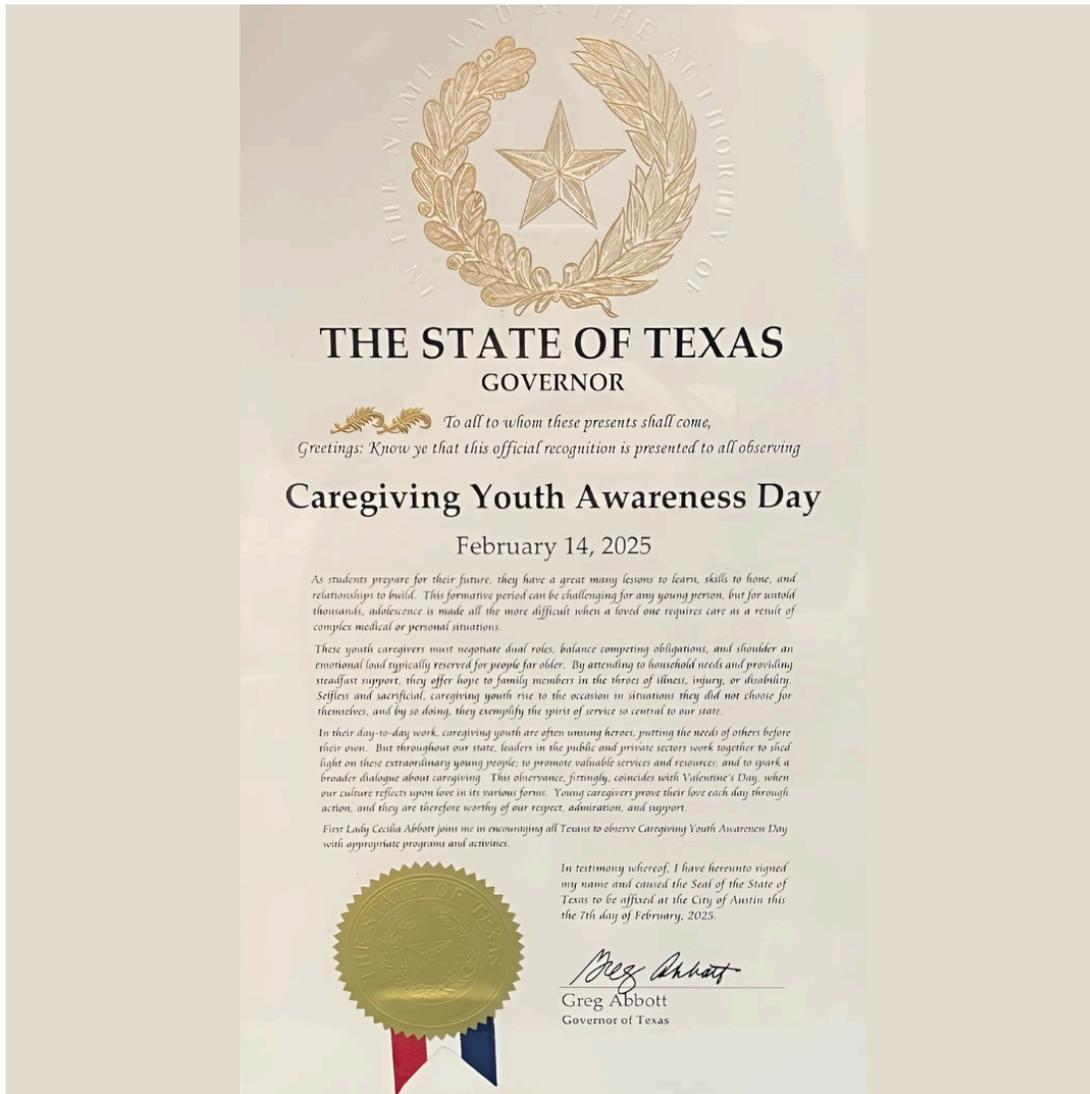
Leander teen advocates for more awareness about young caregivers

by: [Avery Travis](#)

Posted: Feb 14, 2025 / 05:28 PM CST

Updated: Feb 14, 2025 / 05:55 PM CST





Caregiving Youth in Texas just got a huge win, thanks to 16-year-old Madeline Grace Asbell, a former Caregiving Youth! On February 14th, Madeline hosted Texas' first-ever Caregiving Youth Awareness Day after successfully convincing **Governor Greg Abbott** to issue an official proclamation recognizing the day across the state.

A proclamation is an official statement from the governor that recognizes an important issue or event. By securing this proclamation, Madeline made sure that **Caregiving Youth are now officially recognized in Texas—a big step toward more awareness and support!**

Madeline's advocacy didn't start here. She previously helped get the Austin City Council to issue a proclamation and even pushed for a study on Caregiving Youth in Central Texas. **Her goal is to make sure that the hundreds of thousands of kids in Texas who care for family members get the support they need.**

Her efforts were featured in a KXAN News interview, where she talked about why this issue matters and what still needs to change. This kind of attention helps more people understand what Caregiving Youth go through every day.

Madeline isn't stopping now! She's working with UT Austin, Austin Public Health, and Del Valle ISD to study the needs of Caregiving Youth. She also uses her pageant platform as Royal International Miss Role Model Jr. Teen 2024 to raise awareness. Last fall, her leadership was recognized at the White House, where she was named a finalist for the Girls Leading Change Award.

The American Association of Caregiving Youth (AACY) is so proud of Madeline for using her voice to help Caregiving Youth get the recognition they deserve. She will participate in both our Caregiving Youth Action Day and our upcoming Caregiving Youth Institute Conference!

Watch Madeline's interview on KXAN News and learn more about her efforts.
Texas Teen Advocates for More Awareness About Young Caregivers

For more information about Madeline, visit www.madelinegraceasbell.com.



| Caregiving Youth Project Participating Schools!



Schools offering CYP 2024 - 2025

High Schools:

- Atlantic Community High
- Boca Raton Community High
- Boynton Beach Community High
- Dr. Joaquin Garcia High
- Forest Hill Community High
- Glades Central High
- Inlet Grove High
- John I Leonard High
- Lake Worth Community High
- Olympic Heights Community High
- Pahokee High
- Palm Beach Central High
- Palm Beach Gardens High
- Palm Beach Lakes High
- Park Vista High
- Santaluces Community High
- South Tech Academy*
- Spanish River Community High
- Village Academy High*
- Wellington High
- West Boca High

Middle Schools:

- Bear Lakes Middle
- Boca Raton Community Middle
- Carver Community Middle
- Christa McAuliffe Middle
- Congress Middle
- Conniston Middle
- Eagles Landing Middle
- H. L. Watkins Middle
- Jeaga Middle
- John F. Kennedy Middle
- L.C. Swain Middle
- Lake Shore Middle
- Lake Worth Middle
- Lantana Community Middle
- Loggers Run Community Middle
- Okeeheelee Middle
- Omni Middle
- Pahokee Middle
- Palm Springs Community Middle
- Roosevelt Middle
- South Tech Preparatory*
- Tradewinds Middle
- Village Academy Middle*

Join us and spread the word! To participate in our program, Caregiving Youth Project (CYP) participants must reside in Palm Beach County and can be referred through personal outreach, recommendations from school staff, or other organizations. Our support is provided both at school and in the home.

If you are a Caregiving Youth or know someone who is but they don't live in Palm Beach County, please encourage them to email us at info@aacyp.org. We are committed to helping them find resources, no matter where they reside in the United States.





ATTENTION HIGH SCHOOLERS

A REMINDER: PLEASE SUBMIT YOUR COMMUNITY SERVICE HOURS FOR THE WORK YOU DO AT HOME!

IF YOU HAVE ANY QUESTIONS, NEED MORE INFORMATION OR HELP TO COMPLETE THE LOG, PLEASE CONTACT YOUR FAMILY SPECIALIST.



In Florida, 16.4% of high schoolers and 23.6% of middle schoolers provide care, or more than 290,000 youth.

Kids are not alone.

CAREGIVING YOUTH PROJECT

of the American Association of Caregiving Youth



5.4 MILLION KIDS

In the US, over 5.4 million middle and HS students aged 18 or younger provide significant assistance or care to a family member with a chronic illness, disability, mental health condition, or frailty due to aging.



\$8.5 BILLION

A 2012 article estimates the economic value from Caregiving Youth is around \$8.5 Billion. The estimate today would be much higher. 74% care for their parents and/or grandparents. 11% care for their siblings or others.



ONLY .ORG IN US

AACY is the only organization in the United States that focuses on the needs of young people who are caregivers. They work to identify Caregiving Youth, provide them with support, and advocate for their rights on all levels.



AACY SERVICES

AACY offers direct services to middle and high school students in Palm Beach County through the Caregiving Youth Project (CYP) and is a leading national authority on matters related to Caregiving Youth.



WE SERVE ALL

AACY inclusively serves Caregiving Youth and their families of all ethnicities, countries of origin, income levels, gender identification, health conditions, disability, sexual orientation, marital status and religions.



CORE VALUES

We respect and demonstrate equality along with racial and social equity as we honor human dignity that is exemplified by our Core Values of Collaboration, Compassion, Empowerment, Innovation, and Responsiveness.



WORLDWIDE

Caregiving for a loved one is among the most demanding, challenging, and rewarding human activities. Although children are commonly thought of as the recipients of care – rather than the givers – children all over the world participate actively in caregiving every day.



CYP SERVICES

Caregiver coaching, skills-building, lunch & learn sessions, community service hour awards for caregiving work, respite fun, peer/friendship connections, home visits, resource support, tutoring, camps, holiday parties, recognition, personal development opportunities and more.

CYP



THANKS TO OUR PARTNERS:

Many Thanks to Our Partners:



Resources – Support – Help



988 Crisis Hotline

We at AACY believe that prioritizing mental health is a year-round endeavor. When you're having a difficult time, it's important to seek help. Thankfully, there is a new phone resource available no matter where you are in the US!: Just dial the **9-8-8** hotline.

This hotline is available 24 hours, 7 days a week, 365 days a year. Don't suffer in silence - get help and keep hope alive.

IN A CRISIS? www.crisistextline.org

Text HOME to 741741 to connect with a volunteer Crisis Counselor **FREE**

Free 24/7 support at your fingertips.

Text Us 741741

How It Works

Text **HOME** to **741741** from anywhere in the United States, anytime. Crisis Text Line is here for any crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.

Crisis Text Line

Free 24x7 support at your fingertips.

crisistextline.org

Text **HOME** to **741741**



Community Service Hours

A reminder: please submit your Community Service Hours for the work you do at home!

If you have any questions, need more information or help to complete the form, please contact your Family Specialist.

GET POISON CONTROL HELP

Contact Poison Control right away if you suspect a poisoning. Help is available online with web[®]POISONCONTROL[™] or by phone at 1-800-222-1222. Both options are free, expert, and confidential.

Get help online or Call 1-800-222-1222

POISON CONTROL
National Capital Poison Center

Need help identifying a pill?

Mixed up your meds? Found a loose pill? Worried that your refill looks different? Fortunately, most medications can be identified from the letters and numbers imprinted on the pill.

Identify a pill

Need help identifying a pill? Poison possibility?

Mixed up meds? Found a loose pill?

Worried that a refill looks different?

Suspect an overdose?

Call 1-800-222-1222

Contact poison.org - Free



Are there any VETERANS in your Family?

Resources Available - Check it Out

Palm Beach County Government

PBC has services that might be of assistance to your family

<https://discover.pbcgov.org/communityservices/humanservices/pages/veteran-services.aspx>

VeteranAid.org

VeteranAid.org offers free help applying for Aid and Attendance if a Veteran requires assisted living care in a community or at home.

VeteranAid.org was created to help families pay for the care their senior loved ones need by claiming the Aid & Attendance (A&A) benefit their veterans are entitled to.

Are there any VETERANS in your Family? Resources Available:

PBC has services that might be of assistance to your Family. [Learn more here](#)

Another resource is VeteranAid.org.

This organization offers details information on a Veteran's pension benefit called Aid and Attendance (A&A)

If a Veteran requires assisted living care in a community or at home, A&A gives the information they need to apply for this benefit for free. Senior Veterans and spouses use this benefit to help them afford quality home care. [Learn more here](#)



DID YOU KNOW?

When you **recycle your old and/or used ink cartridges** with us, you not only help the environment, but you help support one of AACY's many initiatives!

When we mail in those old and/or used ink cartridges, Planet Green donates back to AACY!

Want to collect ink cartridges from family and friends? This is a great way to earn additional community service hours!

Please contact julie@aacymail.org for more information.

Thank you for your support!



Treasure Talk is a monthly newsletter for and about the students in the AACY Caregiving Youth Project (CYP) and all supporters of Caregiving Youth. We use the term “Treasure” in Treasure Talk to let the kids know that they are highly valued and cherished as individuals – and to recognize and remind them of the positive impact they have on the lives of others around them.



The American Association of Caregiving Youth (AACY) is a Florida 501 (c) (3) corporation.

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American Association of Caregiving Youth | 6401 Congress Avenue Suite #200 | Boca Raton, FL 33487 US

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