

# LAUNCH!

YOUR SUCCESS

Serving the Northern Tier of Pennsylvania

## Tioga County Trehab Success Story: Ryann

Trehab Community Action Partnership in Tioga County recently went through some staffing changes and needed a strong leader to assist with planning and implementing the LAUNCH! Summer Employment Program. Ryann Upham was hired as an intern in May 2023 to fulfill this role. Ryann is in her third year at Liberty University and is majoring in Hospitality Management—Conference and Event Management.

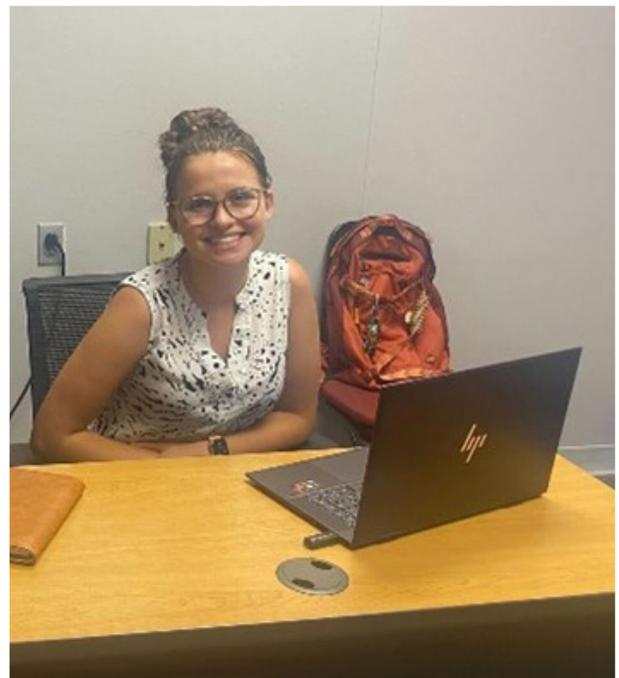
As an intern for Trehab, Ryann was tasked with orienting youth participating in the Summer Employment Program and preparing them for their work assignments. Ryann also had to organize academic enrichment learning sessions for them. Academic enrichment guides participants on soft skills, budgeting, career education, and many other topics.

Ryann truly rose to the occasion this summer. Her supervisor, Trehab Workforce Development Director Breanna Repard, praised her work in a letter of recommendation:

“Ryann has consistently demonstrated exceptional dedication, a strong work ethic, and remarkable abilities in various aspects of workforce development and planning this year’s Summer Employment Program in its entirety.

“Throughout her time with us, Ryann has exhibited an unwavering commitment to fostering the growth and development of this summer’s young adult participants. She has been instrumental in designing and implementing effective strategies and activities to enhance workforce readiness, improve goal planning skills, and provide valuable career guidance to our program participants.

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*Kudos to Ryann for completing a successful internship and Summer Employment Program and best wishes to her at college this year!*

**“Ryann consistently demonstrated exceptional dedication, a strong work ethic, and remarkable abilities in workforce development.”**



Don't miss this school year's "What's So Cool about Manufacturing?" competition! See page 6.

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“One of Ryann’s standout qualities was her excellent communication skills. She consistently maintained open lines of communication with team members, participants, and their parents, along with the program director—always ensuring that all parties were well-informed and on the same page. Her ability to articulate ideas, actively listen, and respond promptly proved instrumental in developing strong working relationships and a successful summer.”



## Sullivan County Trehab Success Story: Jacob

Jacob enrolled in the LAUNCH! Summer Employment Program during Summer 2023. He is currently a senior at Mansfield University studying Computer & Information Sciences. Jacob was interested in working within his chosen field over the summer and contacted the Sullivan County government offices to inquire about an internship. The IT Systems Administrator, Arthur,

**“Jake has a great work ethic, is always positive, and is ready to work.”**

knew about the LAUNCH! program and the possibility of utilizing the program to provide Jacob with a valuable summer internship experience.

After contacting a Career Advisor in Sullivan County, Jacob completed enrollment and orientation for the LAUNCH! program. Soon after, the dots were connected for Jacob to complete an internship with the IT Systems Administrator from May to August 2023. Jacob assisted Arthur with IT projects at various county-owned buildings, such as the Sullivan County Agricultural Center/Children and Youth Center, Emergency Management Center, Sullivan County Library,

Mattern Building, and the County Courthouse. The internship was Jacob’s first job, and he rocked it!

During the 12-week internship, Jacob worked alongside Arthur to install copiers, security cameras, and keep the IT system maintained and secure throughout all county-owned buildings. Arthur said, “Jake has been a valuable asset to me this summer. Jake has a great work ethic, is always positive, and is ready to work.”

Trehab staff are so happy Jake connected with staff regarding the LAUNCH! program and wish him the best as he wraps up a final semester at MU this fall!

# Suicide Prevention Month

## What to Look For, How to Start the Conversation, and Where to Go for Help

*Please note that this article contains references to depression and suicide. Take care when reading.*

*If you are worried about someone you love, call or text 988 (The National Suicide and Crisis Lifeline).*

“Suicide” is a scary word. It’s tough to discuss for a lot of reasons. It’s shocking, painful, and hard to know where to begin, for starters. The reality is that after a few years of steady decline, rates of depression and suicide have increased in almost every age group just since last year. At particular risk are young people, who face many challenges and can change so quickly that it’s hard to know what’s okay and what’s a sign of struggle.

It’s normal to worry about the kids we love. September is National Suicide Prevention Awareness Month. By educating yourself on depression and suicide, you can learn what to look for, how to start the conversation, and where to go for help.

“Red flags” fall into two categories: situational and behavioral.

- **Situational clues** have to do with what’s happening around your young person. Events like

breaking up with someone can be a BIG deal to a young person. If you think it’s an overreaction, remember that it’s not about how you feel; it’s about how that young person feels. Also look out for an increase in discipline or being suspended/expelled from school, or an upheaval like a big move, divorce, or the death of someone close to them. The more big, negative events, the greater the impact, and the greater the risk of mental health issues or suicide.

- **Behavioral clues** are the ways your young person might be showing distress. Changes in dress or appearance are normal. Lots of young people change their styles! Mood swings and a tough day or week are also normal. When it comes to this category, look instead for dramatic behavioral changes that negatively impact the young person’s world over a period of time. In addition to being sad or crying, these can include changes in sleep patterns (way more than usual or way less), an increase in substance use, significant and rapid weight loss, missing a lot of school, withdrawing or quitting the things they love (athletic teams, band or choir, a job, their friends), or physical ailments (head or stomach aches, other aches and pains). As with situational clues, the more you see, the greater the risk.

If you see some of these signs, what do you say? First, take a deep breath and be sure you have resources handy (more on that in a minute). Speak to your young person privately, and make sure you have time for what might be a long conversation. Start by telling them what you see and how much you care. Try these starters:

**“I have noticed that... [describe the changes you see in your young person]. I love you, and I worry about you. Are you okay?”**

**“I know you’ve been dealing with a lot lately. You seem... [describe the worrying behaviors you’ve noticed]. How bad is it?”**

Then, just listen. Regardless of the response, it’s always helpful to reassure and validate them!

**“I’m so sorry you’ve been feeling this way.”**

**“Thank you for telling me.”**

**“I’m here for you no matter what.”**

**“Can you tell me more about that? I want to understand from your perspective.”**

**“There is no problem so big that we can’t get through it together.”**

Here are a few more tips for you:

- **Tell someone.** Maybe your young person says, “Don’t tell anyone!” But now is the time to rally the troops. Gather your loved one’s supporters. In the short term, your young person

may be angry that you “broke trust,” but if you are worried about their safety, tell anyway.

- **Trust your gut.** If your “Spidey-sense” is tingling or you’re just not sure about the “I’m fine,” you got from your young person, ask again. Keep reassuring and checking in.
- **Take care of yourself, too.** When our loved ones struggle, we struggle. Make sure you also get the care you need, so that you can support your young person.

To learn more, check out this article from the [American Foundation for Suicide Prevention](#).

If you are worried about yourself or someone you love, here are two excellent resources:

- Call or text **988** (The National Suicide and Crisis Lifeline, open 24/7/365)
- Call the Lycoming County Joinder office at **570-326-7895** (available 24/7/365)

**In an emergency, call 911 immediately.**

## Wyoming County LAUNCH! Summer Program



Wyoming County’s LAUNCH! Summer Employment Program included a mix of students from Tunkhannock Area, Lackawanna Trail, and Cyber School. This year’s theme centered around

the resources that the town of Tunkhannock has to offer. The students toured Lackawanna College and learned about the careers and training available right in their hometown. They also toured a

Peoples State Bank branch and learned how to open checking and savings accounts, along with tips to help save money and create a successful budget. The students then took their budgeting tips and toured our town’s local grocery stores, Weis Market and Aldi’s, where they each created a budget-friendly meal plan. After sharing their meal plans with the group, they voted on a meal to prepare and serve at our local soup kitchen, Seven Loaves Kitchen. The students really embraced this project, to work together and be a part of giving back to their hometown. They learned how volunteering can truly make a difference in helping others not to go hungry and how businesses and agencies operate and work together to form a community.

# Business–Education Partnership Spotlight

Northern Tier Regional Planning and Development Commission’s (NTRPDC) Business–Education Partnership (BEP) began its 9th year in September 2023. NTRPDC’s BEP program employs career coaches to assist school districts with career education in NTRPDC’s five-county region. The goal of the BEP is to increase career education and exploration events to students in K-12 to improve students’ career awareness, soft skills, and workplace knowledge. The BEP works to connect students to employers

and career opportunities available within the region. This is accomplished through events such as career fairs, mock interview days, field trips, etc., where students get to learn about businesses and occupations through firsthand experiences.

Career coaches work closely with the guidance departments in each school to plan career education events. These events are made possible through the participation of local employers. Numerous local employers see value in connecting

with high school students and helping schools prepare students for the world of work. These employers volunteer to sit on school advisory boards, establish work experience opportunities, and participate in educational panels and many other activities in an effort to educate students about careers and the pathways to them.

If you are a business or community partner who would like to connect with your local school district, please contact Jody McCarty at [mccarty@northerntier.org](mailto:mccarty@northerntier.org).

If you are a business or community partner who would like to connect with your local school district, contact the career coach for that school:

| Career Coach   | Schools Served   |
|--|--|
| Pat Chappell<br><a href="mailto:chappell@northerntier.org">chappell@northerntier.org</a>         | Troy Area School District<br>Wellsboro Area School District  |
| Lyndsay Coleman<br><a href="mailto:coleman@northerntier.org">coleman@northerntier.org</a>        | Athens School District   |
| Barb Knapp<br><a href="mailto:knapp@northerntier.org">knapp@northerntier.org</a>                 | Canton Area School District<br>Northeast Bradford School District<br>Southern Tioga School District<br>Sullivan County School District<br>Tunkhannock Area School District |
| Karen Long<br><a href="mailto:long@northerntier.org">long@northerntier.org</a>                   | Montrose Area School District<br>Sayre Area School District<br>Susquehanna County Career and Technology Center   |
| Samantha Shurtleff<br><a href="mailto:shurtleff@northerntier.org">shurtleff@northerntier.org</a> | Wyalusing Area School District   |
| Donna Yale<br><a href="mailto:yale@northerntier.org">yale@northerntier.org</a>                   | Towanda Area School District   |

# Bradford County Success Story: Ryan

Bradford County Action's LAUNCH! Summer Employment Program saw both new and familiar faces this year. Northeast Bradford sophomore Ryan (participating for his second year) stands out. Ryan started working at the Northeast Bradford School District on July 10, 2023, in the IT department. For the duration of the four-week program he was tasked with cleaning the exterior and interior of laptops and tablets. Ryan helped set up new tablets and make sure they were charged and ready for students to use during the upcoming school year. For Ryan, this work experience aligned with his future plans of working in a technology field, possibly engineering automation. Ryan agreed to participate in the Youth Committee and Workforce Development Board meetings to

discuss his experience. He talked about his work and how cool it was to be helping to make sure the tablets are ready when the school year begins. In years past, the tablets would have had dead batteries or other problems which affected student learning on the first days of school. Ryan shared that he gained confidence in his abilities this summer compared to last summer. He also added how much he enjoyed the academic enrichment trips, sharing information he learned on the Elmira Airport field trip with his mother before she was to fly out of that airport. After the meetings, Ryan said he was happy he made the decision to get out of his comfort zone and attend the meetings to gain the experience. Ryan's work supervisors expressed how much they enjoyed having

Ryan this summer. Every point of contact made at the school by staff was met with comments about "how great Ryan is to work with" or "how much of a help Ryan is." One administrator stated: "Ryan exceeded our expectations."

When Ryan was asked if he had any suggestions or comments to improve the summer work program he said, "The program is great—it's very well run and enjoyable for all participants!"

Although every student brought their own impact to the program, Ryan stood out. He successfully completed another summer of work and will continue on with his sophomore year of high school. We hope to see Ryan back next summer!

## Participate in 'What's So Cool About Manufacturing?' This School Year

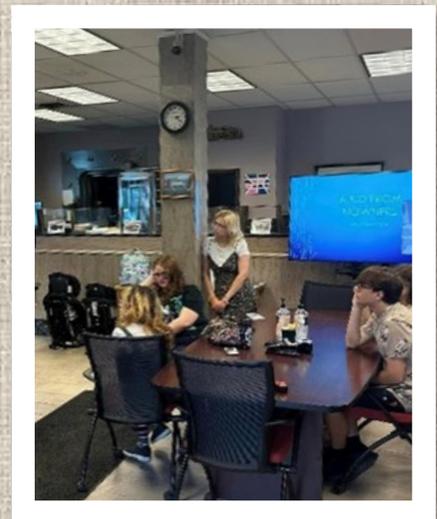
"What's So Cool About Manufacturing" (WSCM) was originally created by Manufacturers Resource Center (MRC) in Pennsylvania's Lehigh Valley. WSCM gives sixth- to eighth-grade students in Bradford, Sullivan, Susquehanna, Tioga, and Wyoming counties the opportunity to network with local manufacturers, gain new perspectives, record their experiences, and present them in an educational and "cool" way through documentary video production. The contest was created to generate excitement that draws students toward considering manufacturing career paths to build our 21st century workforce.

The contest for 2023-24 will kick off later this fall and NTRPDC is looking for school districts and manufacturers to participate. If you would like more

information or if your school or company would like to participate in the Northern Tier WSCM video contest, please visit <https://www.whatssocool.org/contests/northern-tier/> or contact Rachel Selleck at [selleck@northerntier.org](mailto:selleck@northerntier.org).



# Susquehanna County Trehab LAUNCH! Academic Enrichment Week



In July 2023, participants in the Susquehanna County Trehab's LAUNCH! Summer Youth Employment Program completed their required academic enrichment week. The students participated in classroom instruction to hone soft skills and learn about budgeting and other ways to be successful in work and in life.

Field trips are a highlight of the week, enabling students tour local employers and learn about careers right in their hometown. Participating businesses included Erika Mills Photography, Schneider's Market, and G.C. Scheer Inspections and Testing, LLC. The tour of Fun Zone at Midway Lanes included bowling and pizza!

Students explored more local businesses as part of a scavenger hunt, which featured Susquehanna Scoops, Erie and Main Coffee House, Endless Mountains Counseling, Benson's Automotive Service Station,

Susquehanna County Interfaith, and Susquehanna County Library as well as Schneider's Market and Erika Mills Photography.

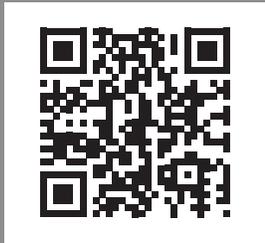
A favorite tour was the Susquehanna County Career and Technology Center with its array of programs and test drives on the truck simulator used for CDL training. Presentations from Education Opportunity Centers, Women's Resource Center, and Trehab's own

Prevention department rounded out the week.

Following academic enrichment week, the students began their paid work experiences with local employers based on their interests and aptitudes. Special thanks to our workforce intern Lindsay, who organized all events for the week, and to the local business and community leaders who invested their time in our future workforce.



# Northern Tier Workforce Development Board LAUNCH! Your Success Service Providers



PA CareerLink® and Affiliate Sites

[www.launchyoursuccessnt.org](http://www.launchyoursuccessnt.org)

## Bradford County

Bradford County Action  
500 William Street  
Towanda, PA 18848  
570-265-4434

TDD/TTY PA Relay 711  
[arussell@bradfordcountyaction.org](mailto:arussell@bradfordcountyaction.org)

## Susquehanna County

Trehab, Inc.  
1302 Main Street  
Susquehanna, PA 18847  
570-853-1103

TDD/TTY PA Relay 711  
or  
14 Public Avenue  
Montrose, PA  
570-278-5201

TDD/TTY PA Relay 711  
[pshoemaker@trehab.org](mailto:pshoemaker@trehab.org)

## Tioga County

Trehab, Inc.  
42 Plaza Lane  
Wellsboro, PA 16901  
570-662-1307  
TDD/TTY PA Relay 711  
[jlee@trehab.org](mailto:jlee@trehab.org)



## Sullivan County

Trehab, Inc.  
210 Center Street  
Dushore, PA 18614  
570-928-2127  
TDD/TTY PA Relay 711  
[theess@trehab.org](mailto:theess@trehab.org)

## Wyoming County

Trehab, Inc.  
1 Kim Avenue, Suite 10  
Tunkhannock, PA 18657  
570-996-2438  
TDD/TTY PA Relay 711  
[pshoemaker@trehab.org](mailto:pshoemaker@trehab.org)

Start your LAUNCH! adventure today—  
call or e-mail the service provider for the  
county where you live.

# Northern Tier Youth Committee

## Mission

A system that provides all youth and young adults with the skills and opportunities to achieve self-sufficiency, encourages life-long learning, and ensures the region a skilled workforce.

As a subcommittee of the Northern Tier Workforce Development Board, the Youth Committee is comprised of members with a special interest or expertise in youth policy. The Youth Committee is responsible for:

- Recommending eligible providers of youth/young adult activities to the Workforce Development Board to be awarded grants or contracts on a competitive basis;
- Providing oversight to the eligible providers of young adult services in the Northern Tier;
- Coordinating activities and leveraging resources to effectively serve the young adult residents of the region;
- Developing portions of the local plan related to eligible participants, as determined by the Workforce Development Board;
- Coordinating activities in the Northern Tier; and
- Performing other duties determined to be appropriate by the Workforce Development Board.

The Northern Tier Youth Committee meets quarterly at the PA CareerLink®, 312 Main Street, Suite 1, Towanda.

## Membership

Kelly White, Chair  
Center Director  
Lackawanna College,  
Towanda Center

Krista Abresch  
Intellectual Disabilities  
Quality Manager  
Bradford County Human Services

Jennifer Farley  
Administrator of Educational  
Services  
Northern Tier Career Center

John Gazzillo  
Executive Director  
Susquehanna County Career &  
Technology Center

Kristin Hamilton  
Executive Director  
Develop Tioga

Jackie Johnson  
Community Member

Gary Martell  
Director  
Northern Tier Career Center

Monica McCarty  
School Outreach Specialist  
BLaST IU 17 – Williamsport

Tammi Mowry  
Financial Aid Director  
Susquehanna County Career &  
Technology Center

Jill Payne  
WIOA Manager  
Adams & Associates/  
Red Rock Job Corps

Randi Morse  
District Executive Director  
RVR YMCA

Lori Rahn  
Juvenile Probation Officer  
Bradford County

Breanna Repard  
Workforce Development Director  
The Trehab Center

Theresa Steele  
Parent of Youth Participant

Penne Watkins  
Executive Director  
Bradford County Action

Equal opportunity employer/program. Auxiliary aids and services are available upon request to individuals with disabilities.

Bonnie Warner, Equal Opportunity Officer

[eoofficer@northerntier.org](mailto:eoofficer@northerntier.org)

570-265-9103 or toll-free 888-868-8800 / TDD/TTY PA Relay 711

Northern Tier Regional Planning and Development Commission

312 Main Street

Towanda, PA 18848

