



Janet Psikogios

4-H Operation Military Kids Regional Coordinator

2728 E. 14th Street

Panama City, FL 32401

850-784-6105

janetp@ufl.edu

2010 County Impacts and Outcomes

Educational Program Focus Operational Military Kids:

- Supports military youth before, during and after deployment. Includes providing youth activities during Yellow Ribbon and other deployment events and recognizing youth with Hero Packs as a Thank You for their service.
- Provides information on OMK programs to military families.
- Educates the public on the impact of deployment on military families. Includes educating school personnel on the impact and stressors of being a military youth.
- Training impact: "I am more knowledgeable as to how to deal with specific emotional needs helping me communicate better with parents. This program is a fabulous way to get the word out to educators providing ideas for dealing with kids with a deployed military parent." "As a result of this training I understand military families' needs better which will help me serve them."
- Activities impact: "My kids thoroughly enjoyed the activities. They are normally bored at the briefing activities but today, no complaints!"
- Hero Packs impact: "I can't believe you would do this for us. It really means a lot. They have been using the backpacks for vacation and had a long letter writing session this weekend using materials from the pack." "The Hero Packs were awesome! Both my boys were truly touched by the letters from 4-H kids. My 8 year old instantly emptied his school backpack and wanted to use his Hero Back Pack instead. He was very proud to carry it. Thank you for this program! Keep it up!" "My son still uses his Hero Pack given to him when his father deployed 4 years ago."
- Delivered 480 Hero Packs; presented 72 informational briefings reaching 1420; presented 15 RSG! Trainings reaching 255 people; taught 3 babysitting classes reaching 25 youth between October 2008 and September 2010



Work Experience

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| • 6 years | 2004 – Present | OMK Regional Coordinator NW Florida |
| • 1.5 years | 2003-2004 | Bay County Horticulture Program Assistant (interim) |
| • 12 years | 1998-present | Volunteer – Bay County 4-H Leader and Master Gardener |

Education

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| • 1990 | Masters of Science | Administration | Central Michigan University |
| • 1977 | Bachelors Degree | Biology | Lafayette College |