



## Rise & Brew Summary

**December 17, 2024**

**Thrive in 2025**

Thank you so much for joining us for our December Rise & Brew! This month, we focused on equipping you with tools and tips about **Thrive in 2025!**

### Overview:

"**Rise & Brew**" is a 30-minute insightful session designed for MV Liaisons. These monthly virtual get-togethers are like a shot of express-o, providing timely updates, valuable insights, and a space for MV liaisons nationwide to come together and brew some amazing ideas!

### 2024 in Review:

1. **May 2024: Finding the Littles**
2. **July 2024: Strengthening Your Steps for Postsecondary Education & NAEHCY Scholars**
3. **Using ARP-HCY Funds (U.S.Ed and NCHE)**
4. **Rise & Brew Series Highlights (May–December)**
5. **Sneak Peek: Rise & Brew 2025:**
  - **December–February:** School stability strategies, including addressing housing turnover, taxes, and transportation challenges.
  - **February–April:** Grant continuations, needs assessments, and district improvement planning for FY/SY 2026.
  - **January–May:** 9-12 Grade Spotlight: Attendance-Grades-Course Recovery- Post-Secondary FAFSA letters & post-graduation plans

- **April–May:** Collaboration with other federal programs for EOY FTE,
- **May- June:** Summer supports, summer learning, Engagement Strategies
- **April–June:** Development of the annual impact report, budget, and planning for SY 2026.

## **Thrive in 2025:**

### **1. T-** Timely Insights for MVLs

**H-**Highlight Member Wins and Spotlights

**R-**Regional Collaborations

**I-** Introductory/MV Liaison 101

**V-**Value Foster Care Support

**E-** Expand Collaboration

### **2. Stay Informed and Adaptable:**

- Empower Yourself with Knowledge
  - Policies & Resources
  - Timely Updates to maximize impact

### **3. Strengthen Connections**

- Cultivate relationships with community partners, federal programs, and other stakeholders.

### **4. Prioritize Self-Care**

- Self-Care Routines
- Journaling, exercise, mindfulness
- Awareness of Secondary Stress
- Connection and collaboration with friends and colleagues

### **5. Member Spotlight**

- Share the wins: Spotlight on NAEHCY members.
- Share your input to inform 2025 NAEHCY Meetings:  
<https://forms.office.com/r/UXa7Wa8D0K>