

Gosper and Phelps Counties



2020 Impact At-A-Glance

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"I am a 4-H leader and a 4-H volunteer because 4-H changed my life and helped me build confidence. I want to help other kids do that."
- 4-H volunteer

A parent shared concerned that her daughter was focusing more time on their family dog than interacting with others, due to anxiety. Then, a 4-H volunteer encouraged the teenager to join the Phelps County 4-H Dog program at a nontraditional age and enter her dog in the county fair competition. This girl's spirits soared as she earned a ribbon spurring her journey to higher self-confidence. After spending time with peers sharing a common interest and learning from trusted adult volunteers; this youth engaged more with her community through volunteer activities & shared what she learned in 4-H.

Programs At-A-Glance

- Extension school enrichment, after-school training, 4-H camps, traditional 4-H club support and non-traditional outreach have increased positive Phelps-Gosper 4-H & youth programs.
- The Phelps Gosper Nebraska Extension Staff are trained in Mental First Aid. Staff are able to identify, understand, and respond to signs of addictions and mental illnesses.

7 IN 10

teens are struggling with COVID-related mental health stress, depression or anxious feeling.

Positive Mental Health messages, for both youth and adults, are shared by Phelps/Gosper Extension to our community."

1 IN 3

age-eligible youth are impacted through 4-H positive youth development programing.