



## **You Can Support Your Sister Adviser FAQ**

You Can Support Your Sister (YCSYS) is coming to the Delta Gamma chapter you advise! As a direct supporter of Delta Gamma, we want to give you an overview of this exciting programming and how we plan to do good by supporting one another

### **WHAT IS YCSYS?**

Research shows that building resiliency and life skills, promoting social connectedness, and encouraging help-seeking and help-giving behaviors in teens and young adults support their overall well-being, help them thrive, and protect their emotional health, making it less likely they will fall into unhealthy behaviors. This program assists with identifying and supporting those who may be struggling with mental health challenges, providing appropriate interventions, and professional help referral strategies.

### **HOW WAS MY CHAPTER SELECTED?**

All Delta Gamma chapters will receive YCSYS every 4 years in a rotation. YCSYS is one of the many educational programs that is delivered to chapters on a scheduled, rotational basis. Delta Gamma continues to be committed to providing our collegiate members with unparalleled educational opportunities and resources. When a chapter receives YCSYS, it will count as the chapter's friendship program for DG Dialogues.

### **WHO SHOULD ATTEND YCSYS?**

Delta Gamma's goal is for all collegiate members to participate in YCSYS, with every chapter having 100% attendance for their presentation. New members are expected to attend and will count in the roster total. Provided along with this chapter preparation guide is the Act with Intention: Health & Well-Being Series Terms & Conditions which will further outline chapter attendance expectations. This program is meant to be a conversation shared only between the chapter members and trained facilitators. To encourage open dialogue and honest reflection, we ask that advisers, house directors and other members of the fraternity/sorority community do not attend the presentation.

### **WHO WILL FACILITATE THE PROGRAM?**

Delta Gamma has selected a team of trained facilitators to help bring YCSYS to our chapters. The facilitation team consists of CDCs, higher education professionals, staff from other fraternity and sorority headquarters and Delta Gamma alumnae. The chapter will be informed of their facilitator through an introduction email.

### **WHAT IS THE TIME/DATE FOR YCSYS?**

Collegians will be responsible for working with the assigned facilitator to select a date and time that is mutually agreed upon for the program. They must work with your facilitators' availability to set the date and time of the workshop. The program will take two hours to facilitate.