

2020 ANNUAL REPORT

Information, resources + innovative programs to meet the changing needs of our local families.



We continue to envision a community where youth are able to establish *strong + positive relationships* with family, school, peers and the community

2020 accomplishments: ←

<p>Provided direct services to 130+ YOUTHS in our community</p>	<p>Assisted with the expansion of the <i>Jesse Lewis Choose Love</i> Enrichment Program</p>	<p>Facilitated Multiple Prevention Programs: Vaping Forum Cyber Safety 4Wellness</p>	<p>Facilitated 2 YOUTH ADVISORY BOARDS</p>	<p>Hosted an 8-week parent program "People Empowering People"</p>
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CREATIVE YOUTH PROGRAMMING

- ★ Paired elementary girls with teen mentors for weekly Girls Circles
- ★ Facilitated teen leadership programs at JW & Valley
- ★ Provided babysitter training and Job Bank Opportunities
- ★ Assisted with the expansion of the Choose Love Program at all elementary schools. This social emotional learning curriculum was designed by educators and experts in neuroscience to teach self-regulation through the study of courage, gratitude, forgiveness and compassion
- ★ Invited Treehouse Players to help EES 5th Graders write & perform a play about problem-solving and the tenants of Choose Love



CLINICAL SERVICES & COMMUNITY-BASED DIVERSION

- ★ Our Clinical Director provided Case Management to youth via referrals from school, police or parents. Our restorative approach helps youth address the underlying causes of truancy, fighting, criminal behavior or drug use, without juvenile court intervention
- ★ We provided Individual & Family Therapy to help local residents manage anxiety, depression, the lingering effects of past trauma or



current feelings of overwhelm during COVID. Telehealth is available and we now accept Husky, Cigna and Anthem

PROMOTING WELLNESS & PREVENTING ADDICTION

- ★ Professional Development: "Vaping Forum" for Middlesex County agencies; "Screening, Brief Intervention & Referral to Treatment" for school professionals; "De-Escalation Training" for First Responders; and "Essentials of Asset Building" for Coalition Volunteers.
- ★ Parent Education: "Internet Safety" with CT State Police; virtual "National Prevention Week"
- ★ Youth Education: TTYSB Partnered with Resident State Troopers to offer 4 Wellness: A 6th Grade Prevention & Wellness Program. In-person and virtual lessons covered mental health, stress management, peer pressure, cyber safety and the effects of vaping, alcohol and drugs on the developing brain.

PARENT EDUCATION & PROFESSIONAL DEVELOPMENT FOR OUR COMMUNITY

- ★ Hosted an 8-week parent program "People Empowering People" developed by Cathleen Love of UCONN. Through engaging discussion and reflective homework assignments, participants gained a greater understanding of personal strengths, improved communication skills, and took a broader view of their roles in the community

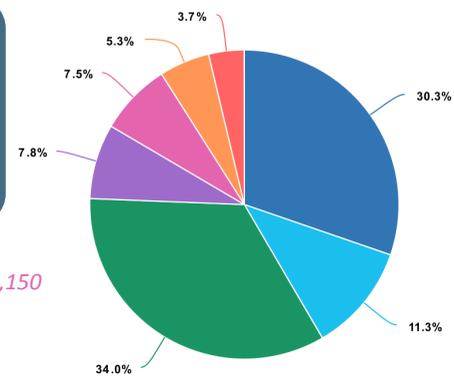
VOLUNTEERS + DONATIONS HAD A HUGE IMPACT IN 2020

Our special thanks to all of the volunteers who donated their time this year and to all who have made monetary donations essential for maintaining our operating budget. These investments support a quality of life here that values its youngest members & helps shape the trajectory of young lives. **THANK YOU!**

**Tri-Town Youth Services
FY 2020 Revenue
\$293,601**

Municipal Contributions \$88,918
State Grants \$33,181
Drug Free Communities \$99,934
Payroll Protection \$23,000

Private/Foundation Grants \$22,150
Donations \$15,516
Fees/Other \$10,902





LOVE IN THE TIME OF CORONA

Promoting Positivity + Mental Health During a Global Pandemic

While COVID-19 forced the cancellation of events, it presented new opportunities to host virtual classes and support groups for children and parents. TTYSB's top priorities became: 1) supporting the town social services departments- raising over \$5,000 for emergency food + aid, and 2) providing key information to the community (parent support, information about meeting basic needs, mental health resources). April's "Positivity is Contagious, too!" and May's "Mental Health Awareness Month" were vehicles for providing daily inspiration and sharing critical information.

Throughout this challenging time of social distance, high unemployment and financial strain, we have been honored to partner with so many hard-working, creative individuals who care deeply for this community and its most vulnerable residents. Together, we are trying to make sure that every resident feels supported and knows that they are not alone. We want to thank all of our donors and volunteers for their unwavering support and dedication to local children and families throughout this crisis.

www.tritownys.org

Generativity Award Recipient

Sherry Carlson, RN, BSN

Each year, Tri-Town Youth Services selects an individual who has made an outstanding commitment to youth to receive its Generativity Award. The term "generativity" was coined by psychologist Erik Erikson to refer to an adult's growing sense of concern for—and commitment to helping—the broader community and the next generation. It is said to stem from a feeling of care for all of humanity. In a year dominated by a public health crisis, there could not be a more deserving recipient than Sherry Carlson, Public Health Nurse at CT River Area Health District.

Prior to COVID, Sherry supported Tri-Town's prevention efforts-educating the community about the harmful effects of vaping, raising awareness about opioid addiction



treatment and encouraging more doctors to utilize the prescription drug monitoring database. Now, Sherry works tirelessly to assist COVID+ families in our area and slow the spread of the virus. She supports local schools and nursing homes, gets PPE distributed throughout the community and is running local flu clinics. She's a generous and kind RN and devoted public servant. As Scott Martinson, Director of Health at CRAHD said, "Sherry has been a true leader during this Global Pandemic. Her knowledge and expertise has undoubtedly saved lives.



Thank you for your service, Sherry!