



YOUTH SERVICES

2018 ANNUAL REPORT

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



YOUR SUPPORT & DONATIONS HAD A HUGE IMPACT IN 2018

Tri-Town Youth Services is only able to coordinate, develop & provide services dedicated to promoting the positive growth + development of youth & families in Chester, Deep River & Essex because of the support of our residents, schools & local organizations. **THANK YOU!**

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

2018 accomplishments: ←

Provided direct services to **200 YOUTHS** in our community

Hired a full-time **CLINICAL DIRECTOR** to support our youth + adults

Launched **NEW** partnership with local schools to reduce truancy

Facilitated **2 YOUTH ADVISORY BOARDS**

Organized **NEW** programs + events for parents, teens, children & families

- ★ Connected Valley mentors with elementary students
- ★ Hosted summer adventures for middle school students
- ★ Provided homework help + employment assistance
- ★ Supported youth who sought help to manage anxiety, depression, grief, bullying & trauma from abuse
- ★ Referred youth to outside agencies to address substance abuse

- ★ Helped youth repair relationships @Juvenile Review Board
- ★ Organized parent nights & education forums
- ★ Hosted teen leadership development at John Winthrop Middle School & Valley High School (Peer Advocates)
- ★ Provided on-site therapeutic services for children, adolescents, parents & families at low, or no cost

TTYSB's professional staff provided **Clinical Services** or **Community-Based Diversion Programming** (Juvenile Review Board) to teens from Chester, Deep River and Essex. We helped teens identify underlying problems + provided holistic tools to **build resiliency, restore relationships + reach their personal goals at school & in life.**

What We Learned : **41% of local high school students...**

...who identified the lowest number of **Developmental Assets** (10 or less...see backside for more info!) also reported that they skipped school once or more in the previous month. By partnering with Region 4 on this issue, **Tri-Town Youth Services' will be able to help families connect students + caregivers to the support they need to problem solve & make education a priority.**



DEVELOPMENTAL ASSETS: THE HEART OF OUR WORK

In 2005, Tri-Town Youth Services adopted The Search Institute's Developmental Assets Model, based upon the proven theory that helping youth experience healthy developmental resources & opportunities is one of the best ways to prevent negative behaviors + outcomes as they get older. The Developmental Assets are 40 research-based, positive experiences & qualities that influence young people's development, helping them become caring, responsible + productive adults. Promoting these Assets is at the heart of Tri-Town's work in our community.

Substance Abuse Prevention & Mental Health Promotion Efforts in 2018

- ★ Expanded Tri-Town Substance Abuse Prevention Coalition
- ★ Partnered with BH Care's Alliance for Prevention & Wellness
- ★ Promoted Positive Youth Development & 40 Developmental Assets:
 - ✓ Peer Advocate Training Program @ Valley High School
 - ✓ Youth in Action @ John Winthrop Middle School
 - ✓ Youth Action Council @ Valley High School
 - ✓ **Reach Out!** Teen-Elementary Mentoring Program
- ★ Became Jesse Lewis **CHOOSE LOVE** Social Emotional Program Ambassadors
- ★ Provided Parent Support & Educational Programs:
 - ✓ Guest speaker at Crossroads Driving School's Parent Nights
 - ✓ Presented an Evening with Katie Hurley, author of *No More Mean Girls*
 - ✓ Co-hosted 2 presentations by Alicia Farrell, PhD, on Anxiety and Resilience
- ★ Offered Youth Mental Health First Aid Training for professionals
- ★ Hosted 29th Annual **High on Life Week**, May 2018

Our agency and its related **Substance Abuse Prevention Coalition** work across sectors to build youth assets & address a range of behavioral health issues facing young people, while also addressing the needs of those who care for them.

We are working to **inspire positive changes in the attitudes & practices of individuals, community organizations, businesses & town government** through advocacy + by demonstrating that youth are valuable, integral members of our community with skills & ideas to share with all of us.

The work of the Substance Abuse Prevention Coalition in 2018 is a shining example of how Tri-Town has been able

to engage a diverse group of individuals to think creatively about how we can build more Developmental Assets & how we can reduce teen alcohol and drug use.

Entirely a grassroots effort, the Coalition is made of people who live, work and go to school in our community. Our members include local government officials, park & recreation directors, business leaders, school administrators & staff, local police, clergy, health care professionals, high school students + parents.

They currently volunteer their time on four very active work groups: **Parent Advisory Group, Youth Action Council, Community Wellness Committee & Policy Task Force.**

Through youth surveys, community focus groups & other means of data collection, the Substance Abuse Prevention Coalition has unique insight into the behaviors + attitudes of local youth. As the Coalition works toward reducing teen alcohol & drug use, it is also able to provide valuable information about teens' internal + external Developmental Assets (including Family Support, Peer Influence, School Engagement, Decision-Making Ability & Self-Esteem).

The most recent youth survey revealed that only 30% of local teens feel valued by our community.

It is an important reminder that as successful as many of our initiatives are, there is still much more work to be done to engage young people, allow their voices to be heard & provide more opportunities for them to work alongside adults on local projects + initiatives.

TRI-TOWN YOUTH SERVICES
CHESTER • DEEP RIVER • ESSEX



Substance Abuse Prevention Coalition



We thank you for helping our agency support local youth every day ... it takes a village!

WE'D LIKE TO EXTEND AN EXTRA THANKS TO THE ROTARY CLUBS OF CHESTER, DEEP RIVER & ESSEX

