



2021 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

2021 accomplishments: ←

Provided direct services to
120+ YOUTHS
in our community

4 WELLNESS
6th Grade
Prevention
Program

PEER ADVOCATES
TRAINING PROGRAM
+
4 WHAT'S NEXT
SUICIDE PREVENTION
PROGRAM

**VAPING
EDUCATION
CAMPAIGN**
Over 12,000 people
engaged

**JOHN
WINTHROP
WELLNESS
DAY**

YOUTH SERVICES FOR OUR COMMUNITY

- ★ **From July 1, 2020- June 30, 2021 TTYS provided Direct Services to 122 youth:** JW Youth in Action (13); Valley Peer Advocates (22); Girls' Circles Virtual (28 elementary girls and high school mentors); Council for Boys Virtual (7 elementary boys); babysitter training or Job Bank (36). TTYSB's Clinical Department provided in-person case management to school avoidant youth (6); youth referred to the Juvenile Review Board (9) and counseling services that addressed anxiety, depression and school-related issues (9).
- ★ **Peer Advocates Training Program:** 22 Valley students trained. Peer Advocates was facilitated by Clinical Director, Melanie Meyer, LMFT and School Social Worker, Brad Pitman. Students completed year-long curriculum consisting of lessons on human development, mental health, coping strategies, support networks, listening and communication skills and suicide prevention. Students were trained to be accessible sources of support and encouragement to their peers throughout the school year.

MENTAL HEALTH ADVOCACY, PROMOTING WELLNESS & PREVENTING ADDICTION

- ★ Tri-Town's highest priority was addressing the mental health needs of local youth, helping process the impact of COVID on everyday life. We taught coping strategies to support health and well-being.
- ★ **4 Wellness 6th Grade Prevention Program:** 130 students educated All 6th graders from Chester, Deep River and Essex participated from October 2020 to May 2021. Bi-weekly live virtual lessons were facilitated by Prevention Coordinator Portia Pendleton, LCSW and guest presenters from the CT State Police and Local Police Departments. The curricula included the Choose Love Program's "Brave New World" lessons about school reintegration after COVID, and topics of personal wellness, stress and coping, internet safety and cyber responsibility, peer pressure, bullying, healthy relationships and introductions to alcohol, vaping and marijuana.

- ★ **Vaping Education Campaign:** over 12,000 people engaged A community-wide, multi-media Anti-Vaping Campaign included: a postcard mailing to 8,295 households and businesses; a series of educational emails to 400 subscribers; social media posts with resources for quitting that reached 4,251 youth; and 3 billboards with coordinated mobile ads celebrating that teen vaping use was down during COVID and encouraging parents to "keep it that way" which logged 125,000 booked impressions.

Teen vaping and marijuana use are down during the pandemic.

Let's keep it that way!
Talk to your teen today.

tritownys.org/know-the-risks




- ★ **4 What's Next Suicide Prevention Program:** 134 Valley Seniors engaged, virtually Tri-Town trained a team of 10 facilitators to host 4 What's Next, a Jordan Porco Foundation Suicide Prevention Program. A series of 6 weekly lessons focused on: stress and mental health, self-reflection, identifying internal strengths and sources of calm, identifying external support systems, and applying the lessons to real life scenarios from seniors.
- ★ **John Winthrop Wellness Day:** 132 students participated, in-person JW invited Tri-Town to participate in a full-day, in-person Wellness Day on May 21 that included breakout lessons for the entire student body. Staff presented: 1) Vaping 101; 2) Anxiety + Cyber Citizenship and 3) Healthy Body/Healthy Food. Tri-Town's Youth in Action club organized a school-wide walk-a-thon to conclude the day, with fun games and prizes to promote health, positivity, school spirit and fitness.



VOLUNTEERS + DONATIONS HAD A HUGE IMPACT IN 2021

Tri-Town would not be able to provide these programs and services for local youth and families if it were not for the commitment of the local municipalities and the generosity of the donors and volunteers in this community.

Thank you for supporting Tri-Town and the children, teens and parents we serve!

MEET THE NEW MEMBERS OF OUR TRI-TOWN TEAM!

Faith Sprigg, BA, ACE-CPT, CHC *Youth and Community Engagement Program Director*

Faith comes to TTYSB with a not so cookie-cutter story. She has lived experiences throughout her adolescence and young adulthood, struggling with mental health and addiction. In recovery since 2005, she attributes her success to holistic health practices, wellness strategies, and recognizing the need for mental health supports. She is a Certified Personal Trainer and Certified Health Coach because she believes in addressing all aspects of wellness when supporting others. She advocates transparency and story-telling to encourage others to speak their truths, with no shame attached. Committed to being the person she needed during her teen years, Faith began her education at Middlesex Community College and quickly moved on to receive her B.A from SNHU in Human Services with a concentration in Child and Family Welfare. Faith is currently halfway through her graduate program at SNHU in Organizational Leadership with a concentration in Nonprofits. She also has Advanced Leadership Certification through the National Society of Leadership and Success, focusing on supporting youth in becoming their greatest advocates and future leaders. As a parent in Region 4, Faith brings energy, passion, and creativity to youth programs at TTYSB.



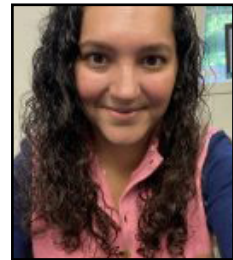
Lyn Connery, BS, CAC CPS *Case Manager, School Engagement and Truancy*

Lyn Connery comes to Tri-Town Youth Services with a vast and rich background of working with teenagers. As the Student Assistance Counselor for Westbrook High School for over 30 years, she had a reputation of engaging students into her counseling services and initiating a wide array of prevention programs. She successfully developed and facilitated a Peer Counseling Program, Students against Destructive Decisions Chapter and a Gay Straight Alliance. She was also recognized as the coordinator for Westbrook's Healthy Communities/Healthy Youth and promoted asset-building initiatives throughout the community. In addition to Lyn's clinical duties at Tri-Town Youth Services, she works at Rushford's Early Intervention Program and facilitates group counseling for teenagers who have gotten in trouble due to their drug use. She has a passion for helping young people find their way and continues her work, all while being semi-retired. Lyn loves exercise classes, walking and playing pickleball and believes staying active is an important component to one's positive mental health.



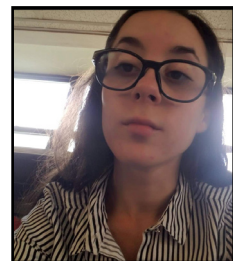
Katie Harris, M.Ed *Early Childhood Council Coordinator*

Katie is brand new to Tri-town and very excited to join the team. She has an M.Ed in Early Childhood Education from the University of Hartford and a B.A. in English from Sacred Heart University. Prior to her time as a stay at home mom, Katie taught Pre-K for 5 years in both Hartford Public Schools and Branford Public Schools. Other experience includes teaching reading intervention in New Haven and as a teaching assistant at the Regional Multicultural Magnet School in New London. Katie resides in Chester with her husband and 3 children and is thrilled to be working with young children and parents in her community.



Melissa Keilty, MSW *Prevention and Wellness Program Director*

Melissa joins Tri-Town Youth Services as our new Wellness and Prevention Director! She joins us from her hometown of Bethlehem, Connecticut. Melissa earned a Bachelors of Social Work degree from Western Connecticut State University and has recently graduated from the UConn School of Social Work with a Master in Policy Practice. Her foundations in social work arise from a love of blending philosophy, electoral advocacy, and program development for various underserved populations. She has work history in civic engagement at the Bethlehem Town Hall, as a behavioral health clinician for persons diagnosed with HIV/AIDS, and a prevention specialist for persons living with substance use disorders. She is happy to continue working with small municipalities and school systems to build relationships in community wellness and youth development. In her free time she loves to hike any terrain (even in the rain), discover new museums, and photograph nature.



VISIT OUR WEBSITE
TRITOWNYS.ORG

For tons
of updated
resources!

