



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

2022 accomplishments: ←

Provided direct services to
125+ YOUTHS
in our community

Social-Emotional Skills Development

Facilitated Multiple Wellness Programs:
Peer Advocates
4Wellness Counseling

Mental Health Awareness Month
10,000 people engaged

Valley Wellness Week:
500+ students participated

CREATIVE YOUTH PROGRAMMING

- ★ VRHS Peer Advocates
- ★ Girls' Circles and "Tag In" social skills group
- ★ Babysitter Training and Job Bank
- ★ Summer Programs
- ★ Due to the on-going behavioral health impacts of the pandemic, TTYSB's Clinical Department carried its largest caseload, providing Counseling Services to youth, including the successful pilot of school-based mental health services at VRHS.
- ★ TTYSB provided comprehensive Case Management to school avoidant youth and youth referred to the Juvenile Review Board

CLINICAL SERVICES & COMMUNITY-BASED DIVERSION

★ Peer Advocates Training Program

32 Valley students trained. Peer Advocates was facilitated by Melissa Keilty, Program Director with Brad Pitman, Valley Social Worker. Students completed year-long curriculum consisting of lessons on human development, mental health, listening and communication skills and QPR suicide prevention. Students were trained to be accessible sources of support and encouragement to their peers throughout the school year.

PROMOTING WELLNESS & PREVENTING ADDICTION

★ 4Wellness 6th Grade Prevention Program

110 students educated. From January to April, all 6th graders in Region 4 participated in classroom lessons facilitated by Faith Sprigg, Program Director. Lessons included building wellness habits, internet safety and cyber responsibility, maintaining healthy friendships and introductions to the negative impacts of underage drug and alcohol use.

★ Valley Wellness Week

With support from Rachael Rose and Denise Dalton, VRHS, Melissa Keilty, TTYSB and Nicole Gaudreau, Essex Library, students planned a week of activities to build supportive community and share strategies for managing stress. Activities included DIY Exam Survival Kits, yoga, collaborative art, rock painting and mindfulness activities. Alicia Farrell, PhD spoke to students about resilience and persevering during uncertain times.

VOLUNTEERS + DONATIONS HAD A HUGE IMPACT IN 2022

Tri-Town would not be able to provide these programs and services if it were not for the support we receive from the Towns of Chester, Deep River, and Essex and the generosity of the donors and volunteers in this community. Thank you for prioritizing the needs of children, teens and families during the pandemic and beyond.