



# HELPING SERVICES

Fall | Winter 2017

## Youth Mentoring Makes a Difference

Youth Mentoring connects young people, ages 5–16 years old, with additional trusted adults through mentoring friendships. Youth Mentoring helps youth aspire, achieve, and develop to their fullest potential. Become a mentor and you can become one of those trusted adults.

Becoming a mentor is easy! Just sign up for a one year commitment and spend a minimum of four hours a month with a youth enjoying shared interests.

***Youth are thriving because they have mentors.  
Take a look at what we are seeing:***

- 92% of mentored youth are able to say no to drugs.
- 93% have positive relationships with their peers and other caring adults.
- 83% feel good about themselves most of the time.
- 89% are good about finding ways to fix problems when they have them.
- 95% have a good attitude towards school.

To find out more about mentoring or to request an application, go to:  
[www.helpingservices.org/mentoring](http://www.helpingservices.org/mentoring)

To get a glimpse of youth waiting for a mentor, go to:  
[www.helpingservices.org/about/youth-mentoring/waiting-list](http://www.helpingservices.org/about/youth-mentoring/waiting-list)

**You can also contact us directly:**

**Kathy Schwartzhoff** • Mentoring Coordinator  
(Allamakee/Howard/Winneshiek)  
kathys@helpingservices.org  
(563) 387-1720

**Ellen Krogmann** • Mentoring Coordinator  
(Delaware)  
ekrogmann@helpingservices.org  
(563) 379-3454



Roger, Jane and Kaden get recognized for being matched.

### QUOTES FROM PROGRAM PARTICIPANTS

*"I did not think I was getting through to my mentee when talking about future and goals. He surprised me. He came to me with goals he set for himself and told me he wanted to go to college to obtain them. I told him he would have to work extremely hard and that I could help him with that. He agreed, so we are off in pursuit of his dream."*

—Mentor Quote

*"Because of this program, my son has overcome many challenges. He was struggling with personal growth, fitting in with his classmates, and academics. He has really benefitted from his strong male mentor relationship."* —Parent Quote

*"My mentor is my hero. She has been my mentor and friend going on four years. She is incredible. It is a match made in heaven. My mentor is my hero because she is a second mom to me. She is always there for me and likes to hear me talk about my day. That is why she is my mentor, and friend, but most importantly she is my hero!"* —Mentee Quote





# Upper Iowa University Student-Athletes Give Back

Upper Iowa University recently hosted an event welcoming back the student-athletes to campus. During this event, the Assistant Athletic Director, Danielle Cushion, worked with the student-athletes to put together 100 backpacks for children served at the Domestic Abuse Resource Center. Danielle's passion and kindness for helping others is greatly appreciated.

During the event, the student-athletes worked together to fill the backpacks in less than 5 minutes. The backpacks included markers, crayons, pencils, pens, pencil sharpeners, folders, and a pencil case. Also this year the ROTC donated the back packs. These bags give confidence to countless kids that we serve each and every day. It's a humbling experience to see the faces of the children that receive these back packs.

Staff from Helping Services' Domestic Abuse Resource Team were there to receive the backpacks on behalf of the children served at Helping Services. Each backpack was given to a child in hope to inspire them in some way. Thank you to Upper Iowa University for its commitment to children and families in our community.

*Photo: Upper Iowa Student Athletes Provide Support for Victims of Domestic Violence.*

## Her Story: An Advocate's Perspective

She is an educated woman, from a good family, with a job, and secure future. Never thinking she would end up in an abusive relationship. They have been married for 19 years and have two children together. A law enforcement member of the local DART (Domestic Abuse Response Team) provided her with our safety packet and explained to her how an advocate from Helping Services' Domestic Resource Center could help survivors like her stay safe. She reached out to us and I offered my support and safety planning along with resources within the area. These resources included a deposit so she could move out of town and into her own place. We were able to help her with groceries so she and the children had food on the table as well as a gas card during this transition. The abuser puts the blame on her for his actions and controlling behaviors. She mentioned to me that, "the worst part is he blames me for his behavior, telling our children that if I cared about this family I wouldn't have called the police on him." Since he's been in jail it has given her time to think about his controlling behaviors and how it was intolerable while also seeking counseling. She began undertaking activities that have helped her relax. She has asked that I be at the trial hearing to help her get through the process as it can be a very long and difficult one. She hopes others can get out of similar situations before it's too late. "Such a decision can be hard but taking a positive step towards a better life is certainly worth it."

### What to do if a friend discloses to me they are in an abusive relationship?

- Believe them and reassure them that it's not their fault.
- Listen to what they are experiencing and do not judge.
- Do not tell the survivor what to do. They know what's best for their particular situation.
- Ask them if they know where to go if they decide to leave and help them develop a safety plan.
- Provide them with the 24/7 Resource Line — (1-800-383-2988) and let them know there is always someone available to help.

### Are your services free and confidential?

- **Yes!** All of our services are free and confidential and someone is available 24/7.

### How do I volunteer for the Resource Center?

- If you are interested in becoming a volunteer, please contact our **Volunteer Coordinator, Brittney McIntyre** at (563) 380-4976 or by email at: [bmcintyre@helpingservices.org](mailto:bmcintyre@helpingservices.org) Whether you are interested in assisting survivors directly or indirectly, we have many options available and appreciate your willingness to help domestic violence survivors.

**Needs?** [www.helpingservices.org/services/domestic-advocacy-services](http://www.helpingservices.org/services/domestic-advocacy-services)



# 2016–17 Annual Report

## BOARD OF DIRECTORS

Donna Kubesh, President  
Britt Rhodes, Vice President  
Andrea Barth, Treasurer  
Julie Aanes, Secretary  
Jim Bower  
Deb Novak  
John Rodecap  
Jennifer Sellner  
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*The Board of Directors is an all-volunteer group of committed individuals who reside throughout Northeast Iowa*

Students at TLC learning to play checkers.



Some steering committee members from Allamakee, Howard, and Winneshiek counties are recognized for giving their time and talents to mentoring.



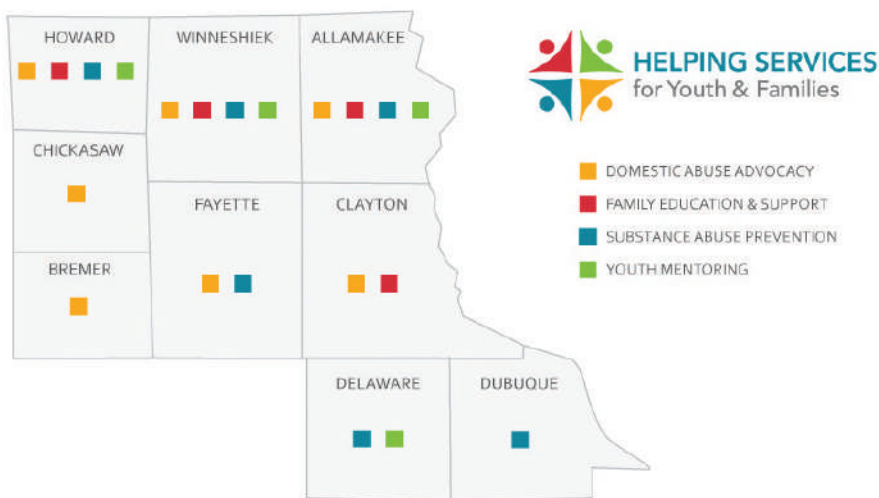
## From Jim Wadsworth, Board Member

"I have been a member of the board of Helping Services for Youth and Families for the past four years, serving as president for the last year. It has been a great learning experience, as I knew very little about Helping Services before I was asked to join. At the same time I knew there was a great need for the service they provide in our area but also in most communities.

I have been involved in a lot of organizations through the years and I think Helping Services has meant more to me and I felt like being more involved in the organization than any other and felt honored to serve as president for the last year. The staff is very devoted to their work which has been very obvious when we hear their presentations at the meetings and the events they host.

I want to thank the staff for their hard work and dedication to the organization and our communities."

—Jim Wadsworth, Outgoing Board President



Sheriff Dan Marx gives Lawrence an honorary badge at the mentoring family picnic.



## Domestic Abuse Resource Center

Serving residents of Allamakee, Bremer, Chickasaw, Clayton, Fayette, Howard and Winneshiek counties

### New Victims Served

- 270** Domestic Abuse Female (*including dating 18+*)
- 9** Dating Violence females (*13-17*)
- 10** Domestic Abuse males
- 35** Domestic Abuse Children
- 2** Sexual Abuse Adult Females
- 1** Child Sexual Abuse 0-12
- 3** Elder Abuse (by caretaker)
- 2** Stalking

**332** Total Individuals Served

### Other Demographics

- 33** Victims with Disabilities
- 23** Victims with Limited English Proficiency
- 22** Immigrants/Refugees/Asylum Seekers
- 3** Homeless
- 1** Deaf/Hard of Hearing

**1,292** Total Crisis Hotline Calls

**159** Transportation Trips

## Family Education & Support Program

Serving residents of Allamakee, Clayton, Howard and Winneshiek counties

### Family Education

- Families Served using Parents as Teachers\* model: **72**
- Children Served using Parents as Teachers\* model: **86**
- Home Visits: **1,203**
- Playgroup participants: **155**

*\* Family Educators at Helping Services use the Parents as Teachers curriculum to reinforce that all children will learn, grow, and develop to reach their fullest potential, and that parents are a child's earliest and best teachers.*

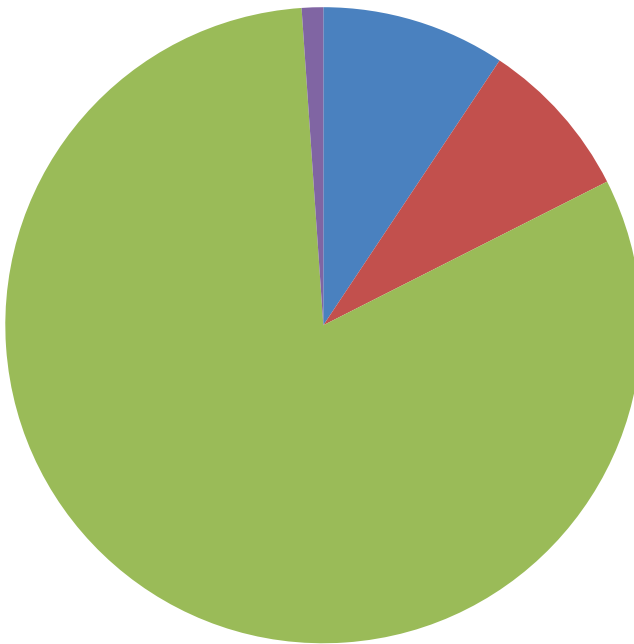
### Family Support

- Parents and youth attending Parent Development classes: **101**
- Youth attending Care for Kids and other Sexual Abuse Prevention classes: **241**
- Adults attending Stewards of Children and other Sexual Abuse Prevention classes: **191**
- Parents and youth attending events in April for Child Abuse Prevention Awareness Month and other Community Partnerships in Protecting Children events: **307**

## Substance Abuse Prevention Program

Serving residents of Allamakee, Delaware, Dubuque, Howard, Fayette and Winneshiek counties

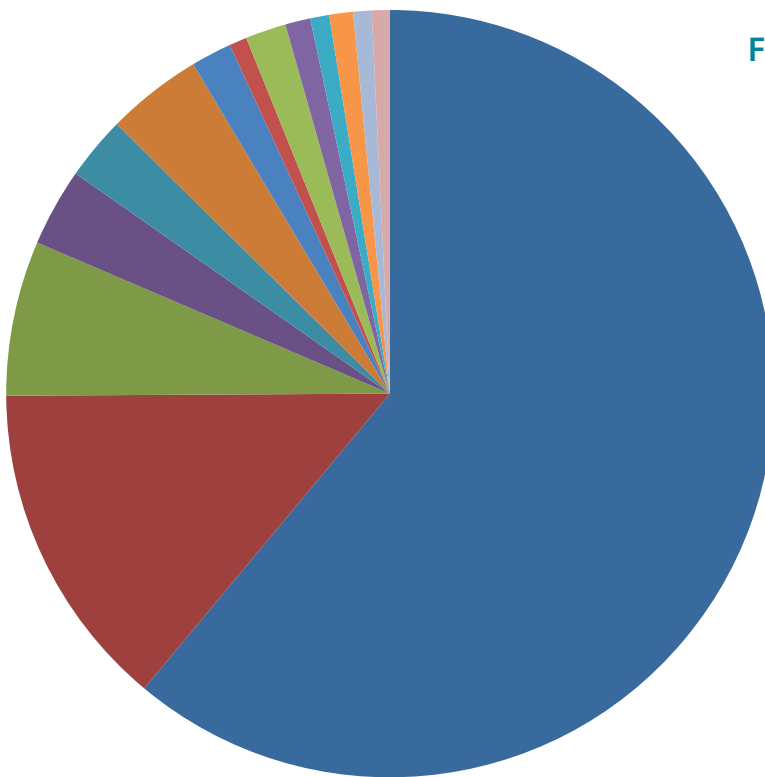
- 115** Youth served in before, after, and summer school programs
- 137** Youth served in Youth Mentoring programs
- 564** 3rd graders completed the Life Skills program
- 73** Youth along with **86** parent/guardians who completed an Alcohol Diversion class
- 326** High school students were part of substance free youth groups
- 74** Community members participated in coalitions
- 563** Youth participants at substance use presentations
- 636** Adult participants at substance use presentations
- 182** Servers who attended a Responsible Beverage Server Training
- 4** Parks and trails became tobacco-free
- 47** Businesses who adopted tobacco policies



## FY 2017 Operating Revenue = \$1,871,532

- Local Donations – 9.3 %
- Local Fundraising/Special Events – 8.3%
- State and Federal Grants - 81.4 %
- Other - 1.0%

***Did You Know?*** Donors and volunteers provided over \$320,000 of additional in-kind services to Helping Services in FY17. In-kind support includes volunteer time and travel, donated supplies, and rent/utilities.



## FY 2017 Operating Expenses = \$1,914,171

- Employee Salary – 61.0%
- Employee Benefits – 13.8%
- Program Activities/Materials – 6.5 %
- Travel – 3.4%
- Staff Development – 2.7%
- Direct Client Support – 4.0 %
- Rent/Utilities – 1.7 %
- Equipment – 0.7 %
- Communications – 1.7 %
- Insurance – 1.1%
- Professional Fees – 0.8 %
- Contracted Services – 1.0 %
- Repairs/Maint – 0.7 %
- Other – 0.9%

**Please note** these are unaudited financial numbers for FY2017 (July 1, 2016–June 30, 2017). Audited numbers will be published on [www.helpingservices.org](http://www.helpingservices.org) when available later in the year.



# Thank you for your support over the past year...

*Our team appreciates your donations of time, talents, and resources!*



Thank you to the 100+ Men Who Care: Driftless Chapter for its donation of \$5500 in May to support programs at Helping Services!

Bowlers raising money for the Youth Mentoring program at the annual Bowl-A-Thons in Decorah & Manchester!



Helping Services received \$3,600 through the Greater Delaware County Community Foundation - Austin E. McGee & Emma L. Barr McGee Funds to support Youth Mentoring efforts in Delaware County.

Pictured: *Ellen Krogmann*, Mentoring Coordinator in Delaware County and *Carson Eggland*, Executive Director



Thank you to Thrivent Financial for supporting a Yoga Event during Domestic Violence Awareness Month in October.



Kim Andera Photography

Children enjoying the [Walk Through Night at Holiday Lights](#), the only night of the year where community members can walk through the lights before the official opening night.

**Save the date for November 22** for the 2017 Walk Through Night! The Lights will be open every night for drive-through starting on November 23 and ending on December 25. Holiday Lights, Magical Nights continues to serve as the major annual fundraiser for Helping Services. *Thanks to our visitors, volunteers, and sponsors!*

Volunteers from Farm Credit Services of America in Decorah help out with the set-up of the Holiday Lights.



Thank you to the local United Way campaigns in Winneshiek County, Waverly-Shell Rock Area, and Oelwein Area for their support of Helping Services programs.



# Family Education Program

For Services Call  
563-387-1720

***Helping Services** has helped me by providing in-home visits that track my son's development. They also provided a class free to me called Nurtured Heart Approach where I learned a more gracious way to interact with my son. —Anonymous*

*I am writing this to let everyone know that the Family Education program at Helping Services for Youth & Families has allowed me to increase my own learning to teach my daughter, Isabella, to learn new skills, including ways for her to use more words, be more confident, and to interact with other children and adults. This program has also increased my confidence in parenting and providing a safe and healthier home for our family.*

*My family educator, Marcia, has connected us to Early Access for speech and educational services. I have also been reconnected with vocational rehab services, and medical and mental health services for my own physical and mental health well-being, and Isabella's well child exams. We have completed some problem solving on preparing healthier meals for the family, and talked about strategies for establishing routines, discipline and toileting.*

*I appreciate her help. I totally believe in the program, as everyone could use a little extra help in parenting sometimes.*

*Feeling more confident,*

*Elizabeth*

## Tigerhawk Connections Learning Center starts a new year!

The Tigerhawk Connections Learning Center (TCLC) is a program offered to K-4th grade West Union Elementary students that focuses on making school the center of our students' community. Students can attend before, after, and summer school activities. This opportunity is made through a partnership between Helping Services for Youth & Families, North Fayette Valley Schools, and the North Fayette Valley Community Coalition. This Fall marks the third year of the program being offered at West Union Elementary.

Visit  
[helpingservices.org](http://helpingservices.org)





**HELPING SERVICES**  
for Youth & Families

P.O. Box 372 • Decorah, IA 52101

# Look for 2016–17 Annual Report Inside

Find more stories & opportunities at:  
[www.helpingservices.org](http://www.helpingservices.org)

## *High School Youth Groups Advocate for Tobacco-Free Initiatives*

High school youth groups work on many initiatives to prevent and end alcohol, tobacco, and other drug use in their schools. Every year we invite these youth groups to **Camp EWALU** to focus on tobacco-use prevention. It allows students to build good relationships between others schools and strengthen their own high school group.

This year we had 70 area students join together for a day of leadership and education. Team building is another theme of the day. Through the EWALU low-ropes obstacle course, students are given the opportunity to strengthen their teams to sustain and flourish throughout the school year. By giving the youth groups the necessary tools, they can be more effective in encouraging their peers to be tobacco-free and become advocates for tobacco-free initiatives in their school and community.

This year's group at **Camp EWALU**

