

FALL &
WINTER
2018



HELPING SERVICES
for Youth & Families

TigerHawk Connections Learning Center Heads into Year 4

*Callie and Cane** seem to have all the cards stacked against them. Both suffer from medical conditions and have diagnosed learning disorders. They struggle in personal relationships and communicating their thoughts. Their parents do the best they can but often struggle managing their large family—financially and emotionally. When they registered for the **TigerHawk Connections Learning Center (TCLC)** after school program, we were concerned



we would not be able to support their needs. What we found is that structure, modeling good communication skills, and providing a safe place were all that was needed for these young students.

At the end of the 2017–2018 school year, Cane and Callie were able to work through their spelling

lists without tantrums. They were doing the same work as their peers. They could communicate with staff and were known to dole out hugs and



high fives. Their medical challenges still exist, but we were able to provide a safe, supportive environment through a partnership with the West Union Elementary staff that brought new skills to the youth and the adults around them.

The TigerHawk Connections Learning Center (TCLC) is entering its fourth year of providing before, after, and summer school programming to K–4 students in the West Union Elementary. Funded by a Department of Education 21st Century Community Learning Center grant, the program has served 170 students and their families by providing academic assistance, educational enrichment, and family literacy services.

One identified area of need in our four years of programming centers around behaviors. More and more students are dealing with situations far outside of their control, much like Callie and Cane. To help address these needs, we have been working to implement the Conscious Discipline curriculum as

**Fictional names to respect confidentiality*

Continued on page 6 ➤



Youth Mentoring Works to Recruit Male Mentors

Imagine a day when all the boys in rural Northeast Iowa have men of character being role models for them. That is exactly what 25 men in five different focus groups were thinking about when they gathered in May and June in Cresco, Decorah, Manchester, and Waukon to discuss the need for male mentors at Helping Services' Youth Mentoring.

Youth Mentoring at Helping Services is not unique in being concerned about this need. It is a nationwide problem. Helping Services is fortunate to have received nearly \$9,000 in grant funds from the community foundations in Allamakee, Delaware, Howard, and Winnebago Counties to address the need to seek more male mentors in the coming year.

The four focus groups were led by mentors, steering committee members, and Helping Services board and staff members. The conversation was often lively and led to some deep discussion about what words and images resonate with men, what concerns men have about becoming a mentor, and a multitude of ideas of how to share the need for more males to get involved as a mentor. *Key messages are found in the box below.*

KEY IDEAS SHARED

- Inform clergy of the need for males by presenting at the pastoral group meetings.
- Media information should include direct quotes from youth in the program.
- Men want to hear about success stories of youth and volunteers in the program.
- Use the word 'friend' not the word 'mentor'.
- Create a video to share the message of Youth Mentoring.
- Promote that men can do this with a buddy, with their family or as individual.
- Feature list of present male mentors (with their permission) when recruiting.
- Offer alternatives to calling Helping Services, the call can be intimidating.
- We need to ask men to become involved. If we don't ask, we don't know if they are interested.



You will soon see three significant strategies come to life due to the suggestions given by the focus group participants: create a video to use for businesses, churches, and civic groups, to show at school functions prior to sporting or arts events, and to play during previews at local theatres; conduct one-on-one meetings where men are asked to become mentors; and create a media campaign using the key concepts shared by the focus groups. ■

TAKE ACTION! If you are interested in learning more or volunteering, please contact us at **563-387-1720**

IMPACT: 96% of 6–12 grade Youth Mentoring participants maintained zero use of alcohol, tobacco, and other drugs in the past 30 days.



Our team is in your community. Staff and board members are located in nine counties throughout NE Iowa to serve individuals and families.

Board of Directors

Donna Kubesh, *President*
Britt Rhodes, *Vice President*
Julie Aanes, *Secretary*
Jim Bower
Kim Deering
Jennifer Hahn
Chris Hoffert
Deb Novak
Jim Wadsworth

The Board of Directors is an all-volunteer group of committed individuals residing throughout Northeast Iowa.

New Sign Coming This Fall!

This cedar sandblasted sign designed and fabricated by Erik Berg of Decorah is slated to be installed this fall at the Decorah office. *Special thanks to the Depot Outlet for providing funding for the signage!*

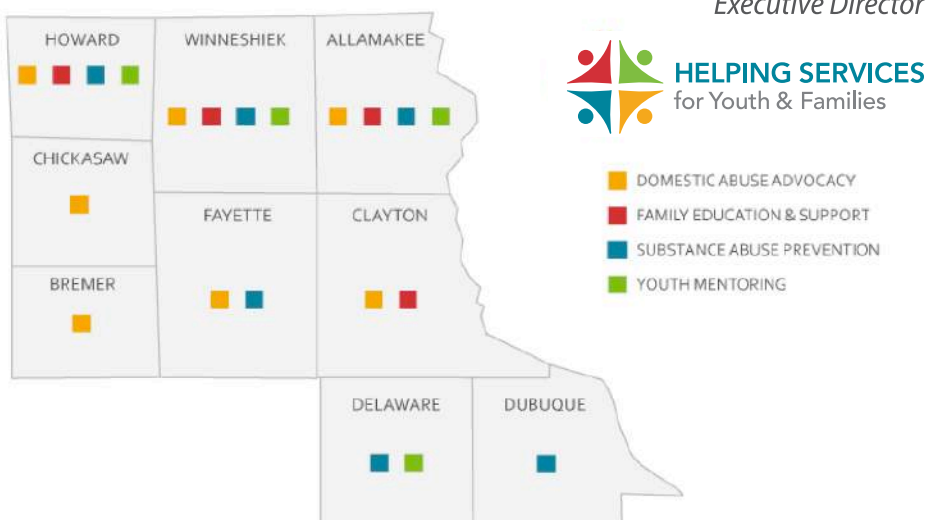


Helping Services Celebrates 45 Years!

This year marked an important milestone at Helping Services, as the organization celebrated 45 years of service to youth and families. I have been fortunate to experience three of those 45 years, working alongside an amazing team. Our team consists of dedicated neighbors, friends, and volunteers who care about each other and their community. Taking a moment to step back and reflect, I would encourage you to read through the numbers outlined on the next page titled **“Program Impact.”** While the numbers tell a story about how many families and youth we impacted over the past year, the personal stories are equally important. Whether it’s the child who attends the after-school program in West Union, the youth who participates in the Youth Mentoring program, or the family assisted through our Family Education program, the individual stories of success are what matter.

Whether you are a donor, volunteer, or community supporter, thank you for your time and energy in making this organization continue to flourish and succeed. Helping Services would not be here without you.

Carson Egglund
Executive Director



*Due to a change in grant funding, Helping Services will no longer be providing substance abuse prevention services in Dubuque County after 12/31/2018. Please reach out to Substance Abuse Services Center at (563) 582-3784 to learn more about prevention services in Dubuque County starting 1/1/2019.

Helping Services for Youth & Families
PO Box 372
Decorah, IA 52101
Phone: 563-387-1720

Resource Line: 800-383-2988 or 563-382-2989 | www.helpingservices.org | info@helpingservices.org

► **Helping Services for Youth & Families, Inc.**
is a 501(c)(3) non-profit organization (tax ID#42-0989563).
Your gift is **100% tax-deductible.**

2017–18 PROGRAM IMPACT

STATISTICS FROM JULY 1, 2017 to JUNE 30, 2018

Domestic Abuse Resource Center

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

New Victims Served

- 1 Assault
- 264 Domestic Abuse Female (*including dating 18+*)
- 8 Dating Violence Females (*13-17*)
- 6 Domestic Abuse Males
- 16 Domestic Abuse Children
- 1 Human Trafficking: Sex
- 3 Sexual Abuse Adult Females
- 4 Stalking

303 Total Individuals Served

Other Demographics

- 11 Victims with Disabilities
- 18 Victims with Limited English Proficiency
- 14 Immigrants/Refugees/Asylum Seekers
- 15 Homeless
- 1 LGBTQ

1,480 Total Crisis Hotline Calls

147 Transportation Trips

Family Education & Support Program

Serving residents of Allamakee, Clayton, Howard and Winneshiek counties

Family Education

Families Served using Parents as Teachers* model: **74**

Children Served using Parents as Teachers* model: **88**

Home Visits: **1,068**

Playgroup participants: **87**

** 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: **47**

Youth attending Care for Kids and other Sexual Abuse Prevention classes: **292**

Adults attending Stewards of Children and other Sexual Abuse Prevention classes: **34**

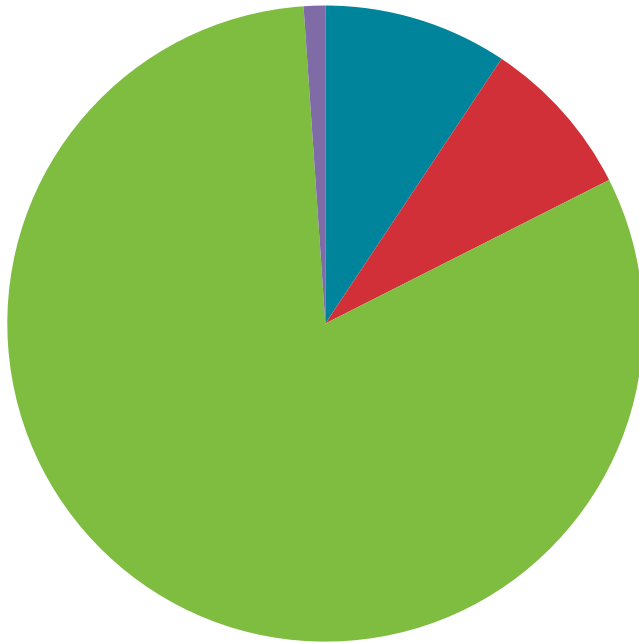
Parents and youth attending events in April for Child Abuse Prevention Awareness Month and other Community Partnerships in Protecting Children events: **393**

Substance Abuse Prevention Program

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

- 98** Youth served in before, after, and summer school programs
- 138** Youth served in Youth Mentoring programs
- 608** 3rd graders completed the Life Skills program
- 78** Youth along with **83** parent/guardians who completed an Alcohol Diversion class
- 316** High school students were part of substance free youth groups
- 93** Community members participated in coalitions
- 680** Youth participants at substance use presentations
- 891** Adult participants at substance use presentations
- 89** Servers who attended a Responsible Beverage Server Training
- 11** Parks and trails became tobacco-free
- 35** Businesses who adopted tobacco policies

FY 2018 FINANCIAL OVERVIEW



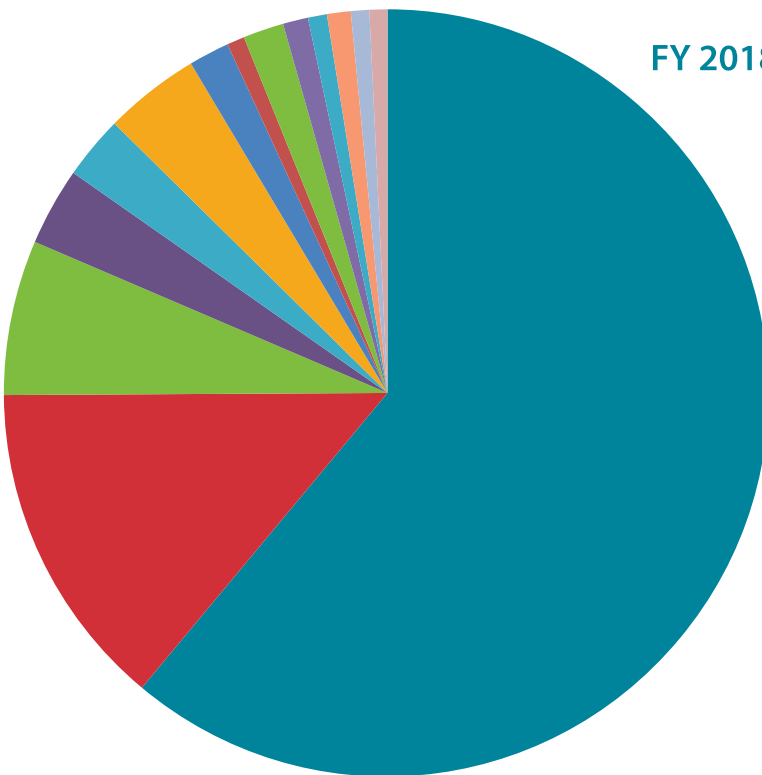
FY 2018 OPERATING REVENUE = \$1,786,229

- Local Donations • 9.1%
- Local Fundraising/Special Events • 6.1%
- State and Federal Grants • 84.3%
- Other • .5%

Did You Know?

Based on audited numbers from Fiscal Year 2017, Helping Services allocated **85%** of total expenses directly to Program costs.

That means only 15% of expenses were utilized for Management and Fundraising costs.



FY 2018 OPERATING EXPENDITURES = \$1,837,200

- Employee Salary • 58.7%
- Employee Benefits • 13.6%
- Program Activities/Materials • 7.4%
- Travel • 3.5%
- Staff Development • 3.4%
- Direct Client Support • 4.4%
- Rent/Utilities • 1.5%
- Equipment • .7%
- Communications • 1.4%
- Insurance • 1.0%
- Professional Fees • 1.1%
- Contracted Services • 1.5%
- Repairs/Maintenance • .7%
- Other • 1.1%

Please Note: These are unaudited financial numbers for FY 2018 (July 1, 2017–June 30, 2018). Audited numbers will be published on www.helpingservices.org when available later in the year.

► *Continued from page 1*

part of our work to promote social emotional learning and understand more about how the brain state affects student learning.

In a Conscious Discipline setting, students know they are safe and loved and this foundation helps us as TCLC staff teach the skills to solve conflicts, manage emotions, and take responsibility. We are using breathing techniques and Brain Smart Starts to unite us and disengage stress. We have jobs and responsibilities that connect us in a TCLC School Family and we are making commitments to keep our classroom safe. Imagine Callie instead of throwing a fit when she did not get to open the door taking a deep breath and saying "I can handle this." Or imagine Cane when being pushed on the playground being able to say "I don't like it when you push me. Next time please walk around me."

In addition to implementing the Conscious Discipline curriculum, this year we are pleased to partner with the Northeast Iowa Region Governor's STEM Advisory Council to roll out four Science, Technology, Engineering, and Math (STEM) Curriculums which will feature computer coding, physical science, civil engineering, and materials engineering. Students will design a non-slippery mat to protect a house from muddy paw prints, design a mouse habitat using a computer-coded mouse, design a safe sidewalk they can ride their bicycle on or a ramp for their skateboard.

We will continue our work with the Healthiest State Initiative and promote the 5-2-1-0 program which reinforces the need for 5 healthy fruits and vegetables each day, 2 hours or less of screen time, 1 hour of physical activity, and 0 sugary beverages to be healthy. Other activities include a field trip to the STEM Festival, STEM camps with Fayette County ISU Extension, handwashing and how to respond to emergency trainings from Gundersen Palmer Lutheran Hospitals and Clinics, and a visit from the Blank Park Zoo and the Science Center of Iowa. ■



Holiday Lights Returns in 2018

Holiday Lights is set to return for the 14th year this winter at Pulpit Rock Campground in Decorah. Serving as the major fundraiser for Helping Services, your support of the event is crucial for the success of the organization. Whether you sponsor, volunteer, or visit the Lights, thank you for your support!

The special walk-through night scheduled for Wednesday, November 21, will kick-off the Lights again this year. Visitors are invited to stop by anytime between 5:00 and 7:30 PM. This is the only night of the year that the park is open for walk-through visitors. Donated soups, hot chocolate, and cookies will be available as supplies last. A live nativity scene will be hosted by St. Ben's, local music groups will entertain with holiday carols, and kids can enjoy Pokey Pete rides.

Drive-through visitors are welcome starting Thursday, November 22, through Tuesday, December 25, from 5 PM to 9 PM nightly. Free will donations are welcome and accepted at the gate. ■

Over 300 volunteers make this an event to visit year after year. We look forward to seeing you and your family at the "Lights!"

Upper Iowa Students Host Diaper Drive

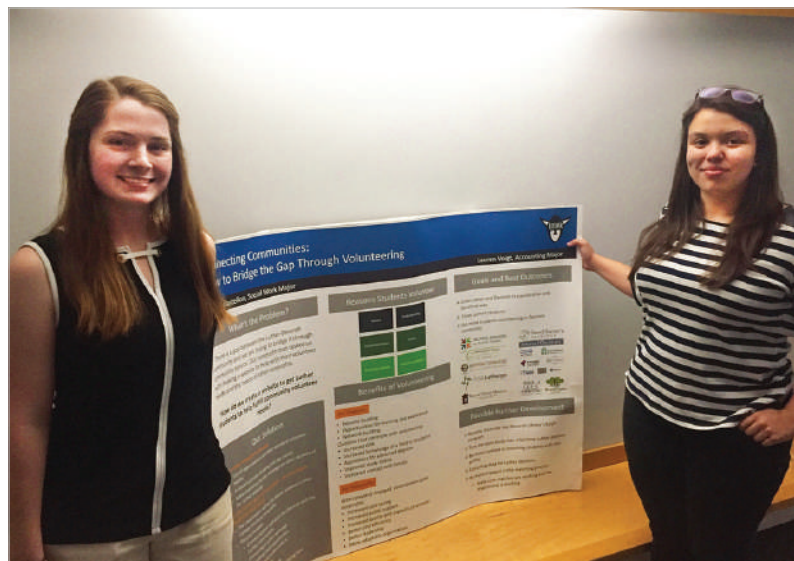


Upper Iowa student-athletes showed their support again this year by hosting a diaper drive for clients served at Helping Services. Student athletes had a fun time with a relay that included tying the diapers and wipes together with purple ribbon, the color that represents Domestic Violence Awareness Month in October. We were very thankful for the donations of boxes of diapers (size 3 and 4) and wipes to help our families in need that do not always have the means to get diapers for their child and may not always want to ask for help.

A special thank you to Upper Iowa student-athletes and Danielle Rosario Cushion, Associate A.D. for Student-Athlete Services/Senior Woman Administrator, for helping lead and organize this event. ■

Luther College Students Partner with Helping Services

Helping Services enjoyed partnering with Luther College on an inaugural Social Impact Fellowship Program this summer. The program paired one student studying social work and one student studying business to research a social problem and develop a business plan for a solution. **Italee Castellon**, Luther College senior from Chicago, Illinois, and **Lauren Voigt**, Luther College junior from St. Louis Park, Minnesota, worked with Helping Services on a project designed to better connect Luther College students with volunteer opportunities in the Decorah area. ■



The Domestic Abuse Resource Center Needs Your Help

Volunteer! The Domestic Abuse Resource Center needs volunteers! Indirect volunteer opportunities, such as clerical work, pantry inventory, and childcare during classes/support groups, to direct specialized positions such as answering the crisis line 1+ time a month, medical advocacy, transporting, and providing safe housing to victims in our service area.

Local Organization! Serve on the Northeast Iowa Coalition Against Domestic Violence to help establish better support and resources to local victims.

Raise Awareness! Conduct a food, household supplies, or diaper drive for our client food and supply pantry. You may also help with our other fundraisers and awareness events that are taking place in the community.



HELPING SERVICES for Youth & Families

PO Box 372 • Decorah, IA 52101

FALL/WINTER 2018 Newsletter



Focus on Tobacco Prevention

Do you OWN or MANAGE a business?

Schools, hospitals and businesses are becoming nicotine free across Iowa to promote a healthy lifestyle.

We can provide **NO COST RESOURCES** including signage, resources and technical assistance.

Quitline

When you're ready to quit, we're ready to help with a plan that's right for you.

WHAT HAPPENS AFTER YOU QUIT TOBACCO?	24 HOURS:
	 Chance of heart attack decreases

Learn more about the positive effects of quitting tobacco at: quitlineiowa.org

Contact us at 563-387-1720 or info@helpingservices.org to learn more.

Many local parks and trails are becoming nicotine free.

Is your community on the list?



ALLAMAKEE COUNTY

- Postville: 100% nicotine free parks & trails (exclusion of the campground)

DELAWARE COUNTY

- Colesburg, Delaware, Delhi, Edgewood, Hopkinton: 100% nicotine free parks and trails
- Manchester: 100% nicotine free Aquatic Center, Sports Complex (Beckman Sports Complex), and Siebert

FAYETTE COUNTY

- Clermont, Fayette: 100% nicotine free parks and trails (exclusion of the campground)
- St. Lucas, Wadena, West Union: 100% nicotine free parks and trails

HOWARD COUNTY

- Protivin, Riceville: 100% nicotine free parks & trails

WINNESHIEK COUNTY

- Calmar: 100% nicotine free trails
- Ossian, Ridgeway: 100% nicotine free parks and trails
- Decorah, Winneshiek County: 100% nicotine free parks and trails (exclusion of the camping and fishing areas)