

Spring & Summer

2018



HELPING SERVICES
for Youth & Families

Teen Maze a Reality Check for Fayette County Youth

To provide youth insight into how choices made today can affect future health and goals, the Fayette County Substance Abuse Coalition and Helping Services for Youth & Families offered a Teen Maze event to all 250 9th grade students in Fayette County. The Teen Maze is an interactive event where students experienced situations on different topics and learned the consequences of decisions in 12 separate rooms. Room topics center around Personal Development, Safety of Self and Others, and Real World Acumen. A number of agencies partnered with the coalition on this event and were in charge of creating lively scenarios in each of the 12 rooms.

The coalition would like to thank these partners: Families First LLC, Parent Share & Support, Fayette County Sheriff's Office, West Union PD, Fayette PD, Riverview Center, Northeast Iowa Community Action, Friends of the Family, Iowa State Patrol, IowaWORKS, Northeast Iowa Behavioral Health, Iowa State Extension, Gundersen Palmer Community Health, and UnityPoint Health. Many sponsors also made this event possible. Thank you to the community for stepping up and creating an interactive and impactful event for students in Fayette County. ■



Students have fun maneuvering their way through the various rooms in the Teen Maze.



PERSONAL DEVELOPMENT

- Body Image/Self-Esteem
- First Impressions
- Nutrition

SAFETY OF SELF & OTHERS

- Bullying
- Sexual Health /
Healthy Relationships
- Social Media
- Suicide Prevention

REAL WORLD ACUMEN

- Financial Literacy
- Parenting
- Substance Use
Legal Battles

Toppling Goliath Partners with Community on Substance Abuse

When people hear of Toppling Goliath Brewing Co. they usually don't think about community education on substance abuse but the brewery is helping to do just that. Toppling Goliath partnered with the Winneshiek ERASE Substance Abuse Coalition in 2017, which has a mission of raising awareness on the realities of substance abuse and to educate the community on issues related to alcohol, tobacco, and other drugs. Along with participating in coalition meetings, Toppling Goliath provided the coalition funds to do extra education surrounding alcohol in the community.

The coalition, along with Toppling Goliath and Luther College, created a short video which educates watchers on standard drink sizes. The video also gives information on how craft beer tends to have higher alcohol content than other domestic beers. All new servers at Toppling Goliath are expected to take the Responsible Beverage Server Training that is hosted through Helping Services for Youth & Families.

Responsible Beverage Server Trainings educate those who serve alcohol regarding the liability they have in alcohol related incidents. They also go over the importance of not serving minors and ID checking tips. Substance abuse affects everyone in a community in one way or another so it is important to have partnerships like these with a common goal of making this a healthy and safe place for youth and families to live. ■

Maquoketa Valley Teens Eliminating Lies decided to create a whiteboard video to educate their peers on the harmful effects vaping can have on their lungs.



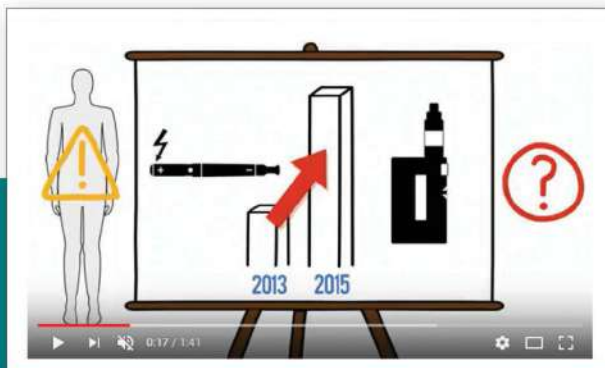
Thank you to Toppling Goliath for being an active partner in community education around substance abuse!

Local Students Advocate for Healthy Decisions



High School Youth Groups have been utilizing new unique and effective ways to spread their message—**Snapchat and whiteboard videos!**

With Snapchat, students pick an important event at their school and tie a substance free message with it to reach their peers. Decorah chose to feature being substance free on their filter when they hosted State Large Group Speech. The filter was used a total of **439** times reaching just over **8,700** people! Surrounding schools are looking forward to their filters taking place during Prom season. ■



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*
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Andrea Barth, *Treasurer*
Julie Aanes, *Secretary*
Jim Bower
Kim Deering
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Jim Wadsworth

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

Gifts to Helping Services come in many shapes and forms. For example, Helping Services recently received a donation of a vehicle. The proceeds of the sale were used to support the mission of Helping Services. We thank donors for thinking outside of the box in considering a gift.

If you would like to talk about non-traditional ways to give, please contact:

Carson Eggland
Executive Director
at 563-387-1720 or
ceggland@helpingservices.org

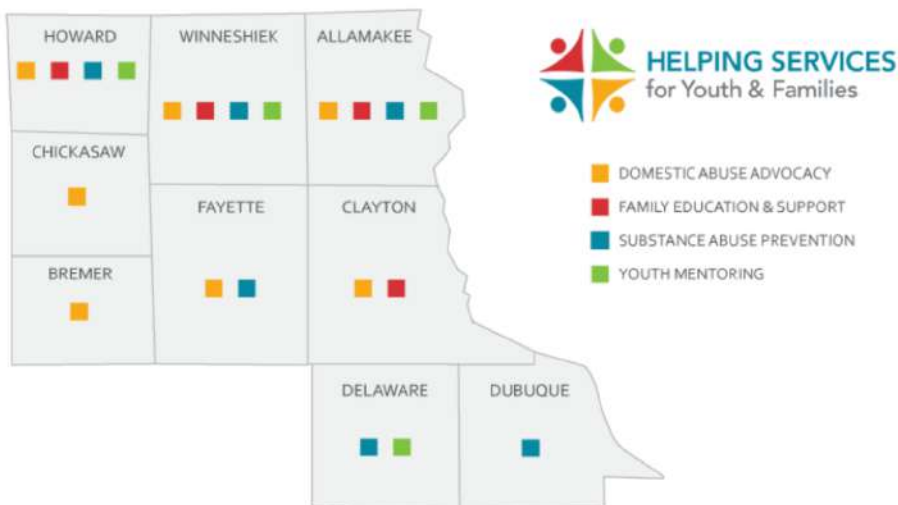
Message from Helping Services' Board President

It's been a wonderful year—well almost a year. That is how long I have had the privilege to serve as president of the Board of Directors for Helping Services. It is one of the best volunteer experiences I've ever had. I have learned so much about the valuable work of this organization across nine counties of northeast Iowa. All of the Board members volunteer their time. Not just for Board meetings but to assist with a myriad of projects. Each brings valuable skills and knowledge to the organization. It has been an amazing group to work with.

It is not just the Board of Directors who volunteer their time. There are over 500 volunteers every year "working" at Helping Services. Mentors in the Youth Mentoring program, volunteers assisting with the 24/7 Resource Line (1-800-383-2988), volunteers providing safe homes for clients, volunteers providing child care during an evening parenting class, and volunteers helping with the annual Holiday Lights fundraiser—to name just a few.

We hope you will choose to use some of your time and talents as a volunteer for Helping Services. Interested in serving on the Board? How about being a Mentor? Working with the Resource Line? Or helping with the annual Holiday Lights? Whether it is a desire to volunteer weekly, monthly, or one time—we have a place for you. Just give us a call and we'll match you up with the right opportunity.

Donna Kubesh, Board President



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#42-098953). Your gift is 100% tax-deductible.*



Holiday Lights

Thank you to volunteers from Decorah High School for helping us break the all-time attendance record!

My granddaughter was singing “Zip-A-Dee-Doo-Dah” around the holidays and I thought to myself what a fitting way to describe our year with Holiday Lights. This is a year that will be hard to beat. We had **450+** volunteers helping with the lights, from setting up displays to happily greeting visitors. The popular Walk-Through Night attracted **700** people—the donated soup, cookies and hot chocolate were once again a big hit. We broke the all-time attendance record by **1,070** cars, and saw multiple nights with over **300** cars. Free will donations were up by **34%**. We credit good weather and the public’s enthusiasm for such a remarkable season. A big thanks to all who helped make this event possible. **THANK YOU for helping us help others!**

Dennis Osmundson (“Oz”), Development Coordinator

Who is a Domestic Violence Advocate?

Advocates are trained professionals who are certified by the state of Iowa to assist domestic violence survivors. Advocates empower and counsel victims by providing emotional support and safety planning when needed, and they connect victims to needed resources that include; medical, court, child welfare and any other system that intersects with survivors.

Services are provided in both English and Spanish and we assist any survivor who comes to our door or calls our resource line. **The Domestic Abuse Resource Center** at Helping Services covers seven counties in the northeast Iowa region including Allamakee, Bremer, Clayton, Chickasaw, Fayette, Howard and Winneshiek counties. All of our services are free and confidential and are completely client driven.



Credit: Karen Misseldine

If you encounter someone who has disclosed that they are being abused or if you suspect domestic violence is occurring, please take the following steps to help:

- 1) Listen and do not judge**
- 2) Let them know that you believe them and that the abuse is not their fault**
- 3) Give them the Helping Services Resource line at (800) 383-2988**
- 4) Do NOT tell them what to do—they know their situation better than anyone**
- 5) Ask them if they have a plan for where they can go if they decide to leave**
- 6) If domestic violence is actively taking place, immediately call 911**



Support Groups offered at the Domestic Abuse Resource Center

The Domestic Abuse Resource Center often organizes different support groups in the seven counties we serve. As advocates, we want to provide as much support as possible to anyone we serve and we are always thinking of new ideas for groups that we can offer.

In August 2017, our Northern Fayette/Clayton County advocate was asked about starting a new support group at the West Union Residential Facility in West Union. After meeting with the staff and discussing how they envisioned the support group going, she started meeting with female residents at the facility in September 2017. The group is held weekly and there are usually four participants who attend. When new female residents come into the facility, they can choose whether or not they want to participate. They do not have to come every week if they choose not to. Our advocate feels that a lot of participants have really benefited from the support. It gives participants a chance to open up and not only talk to her but also hear from and learn more about their peers. Any resident who leaves the facility is invited to come back and participate in the group anytime, which a couple of residents have done. They are also invited to participate in any other support group the Resource Center offers. The advocate has received a lot of positive feedback about the group from the residents who participate. It has been very rewarding to provide this service at the facility since it's been a while since a group like this has been offered there. ■

Art Therapy Program Benefits Victims of Domestic Violence

Written by Karen Misseldine, Registered Art Therapist and Licensed Mental Health Counselor

It has been a privilege and a great opportunity for me to share Art Therapy with survivors with the Domestic Abuse Resource Center at Helping Services over the past year. The main element of the program has been to provide individual and group Art Therapy to domestic abuse survivors and their families. Over ten clients have benefited from this program using art to help express and relieve anxiety from the emotional and physical trauma they have experienced.

Another element included the Domestic Abuse Resource Center team spending wellness, self-reflective and team bonding time with me making clay goddesses. Taking care of the caregiver and honoring the hard work and the "goddess" in each one of us is such an important but often overlooked necessity when providing care and support to people with emotionally and logistically complex lives. **THANK YOU to the Fayette County Community Foundation for its support of this program!**



Here is an example of **DARC** clients making meditative, healing connections through an art therapy mandala experience. They each voiced ways they would bring their new strengths and connections into their life outside of group. Like, "*knowing I can ask for help,*" and "*knowing I can find balance in trusting my boundaries and knowing when it's OK to let go.*"

Strengthening Families 10-14 Program Works!



Strengthening Families 10-14 is an internationally acclaimed evidence-based program emphasizing strong family communication, empathy, and teamwork, while demonstrating to parents/caregivers how to set limits and show love at the same time. The program attacks negative youth influences like peer pressure, bullying, and low self-esteem. Strengthening Families is led by trained program facilitators and is available to any caregiver with a youth aged 10-14 in their life. Each weekly session is split into Caregiver, Youth, and Family activity centers. Adults must attend with the youth. There is no cost to attend this program.

Strengthening Families 10-14 has been implemented in all 50 states and over 25 countries. A research study conducted by the Partnerships in Preventive Science Institute found a \$9.60 return for every dollar spent implementing. This return comes back to the community through such avenues as safer schools, lowered substance abuse treatment needs, and less involvement with law enforcement.

Helping Services for Youth & Families, with an Iowa Partnership for Success Grant, has implemented Strengthening Families 10-14 in Delaware County, having successful programs in the West Delaware and Maquoketa Valley school districts. The town of Edgewood will be hosting an Ed-Co school district program this Spring.

“

*We took the
Strengthening Families
program and learned a lot,
even though we've already
raised older children.
This program is for
ALL families!”*

— Strengthening Families
participant family

Each session begins with a free meal before the participants get to work in the workshops. Free child care and transportation are also provided upon request, making this an affordable and positive experience for any family. ■





Performance of *Natural Shocks* Raises Awareness and Donations for Domestic Abuse Resource Center

Helping Services for Youth & Families would like to thank Upstart Crow Theatreworks for its recent production of *Natural Shocks*, presented as part of a national campaign of theater activism against gun violence. The staged reading of *Natural Shocks*, performed at Courtyard & Cellar in Decorah, was one of 107 being presented in 45 states, from New York to Los Angeles. The pay-what-you-wish performance raised \$1,000 to support work at the Helping Services' Domestic Abuse Resource Center.

Natural Shocks is a one-woman play written by nationally acclaimed playwright Lauren Gunderson who waived all fees for readings of the script the weekend of April 20, to coincide with the 19th anniversary of Columbine and the National School Walkout. In exchange, she requested that all performances donate proceeds to a local or national organization addressing gun violence or domestic abuse. The play was performed by Kristen Underwood and directed by Robert Larson, with original sound score created and performed by Ben Hippen. ■

JB Holland Construction Donates Toys

Thank you to the team at JB Holland Construction in Decorah for donating toys around the holidays for children served by Helping Services.

The donation from JB Holland Construction was part of the annual Christmas Giving project, which provided gifts for 29 families and 63 children served by the Domestic Abuse Resource Center over the holidays. ■



Thank you to the JB Holland Construction workers!





HELPING SERVICES for Youth & Families

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Spring/Summer 2018 Newsletter



Bowl-A-Thon Fundraiser
for Youth Mentoring

Winneshiek County Youth Mentoring Celebrates 20th Anniversary

Over 100 current and former mentors, mentees, and supporters of the Youth Mentoring in Winneshiek County attended a grand celebration of 20 years of providing mentors to youth! Special thanks to Les Askelson for emceeing the event, the Steering Committee members for their planning, Decorah Culver's for their donated sundae treats, and First Lutheran Church in Decorah for hosting the event.

Volunteers who are interested in becoming a mentor can contact either:

Ellen Krogmann (Delaware County) at 563-379-3454

Kathy Schwartzhoff (Allamakee, Howard & Winneshiek Counties) at 563-387-1720

Learn more at helpingservices.org



Youth Mentoring enjoyed a fun day with the Luther College women's basketball team.