



Maquoketa Valley Teens Eliminating Lies (TEL) youth attend the annual CADCA Mid-Year Conference to learn about youth substance use prevention.

## Youth Take the Lead in Delaware County

When you think of youth leadership what comes to mind? In Delaware County, **MVTEL**, **TADA** and **YODA** is what should come to mind. These three youth-led groups take charge of brainstorming ideas and developing strategies to educate younger students, their peers, teachers and administrators.

**Maquoketa Valley Teens Eliminating Lies (MVTEL)** consists of almost 70 high school students who divide and conquer when it comes to substance use prevention strategies. Their tobacco group focuses on providing education to 5th and 6th graders on the dangers of nicotine use. They also provide prevalent information to their peers and school staff. They make sure school policies are up-to-date with the latest nicotine trends including e-cigarettes and other vaping materials. The **MVTEL Alcohol & Other Drugs** group have tackled everything from developing a vaping whiteboard video, "Think Before You Drink" campaign, Snapchat filters during prom, alcohol and vaping escape rooms and being underage decoys for alcohol compliance checks with law enforcement. MVTEL is very driven and like last summer will attend the upcoming youth track at the National CADCA Mid-Year Conference in Texas to build their leadership skill set.

**West Delaware Teens Against Drugs & Alcohol (TADA)** is a small but growing group that is only in year 3 of developing. One thing many people may not think about is a student speaking out against a cultural norm like underage drinking can be very difficult and not always the popular choice. Yet TADA members continue to put themselves out there in front of their peers in order to provide the latest drug trend and its consequences and dangers. This group consisting of underclassmen have had very creative activities for Red Ribbon Week, "Through with Chew", "Kick Butts Day", and many more. They have partnered with the D.A.R.E officer to assist in this program with 5th graders. They recently hosted 16 guest speakers on various topics from the community for Drug Facts Week. The entire high school body traveled from room to room to gather information and participate in demonstrations to show the dangers and consequences of substance use.

**Edgewood-Colesburg's Youth Against Destructive Actions (YODA)** changed their name this year in an attempt to get more students involved. The group wants to focus on risky behaviors that affect a teenager's life including substance abuse, mental health, sexual assault, bullying, etc. This small group has worked on building their leadership skills by attending Helping Services' Leadership Day at EWALU and Prevention Day on the Hill. YODA has provided education to younger students at Ed-Co through presentations and campaigns distributed throughout the school.

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Maquoketa Valley Teens Eliminating Lies (TEL) youth educate younger students during Red Ribbon Week.





# Area Community Foundations Help Youth Mentoring Flourish

This spring Helping Services was the proud recipient of four county affiliate grants from area community foundations to support Youth Mentoring in the coming year. The Allamakee County Community Foundation, Foundation for the Future of Delaware County, Howard County Community Foundation, and Winneshiek County Community Foundation combined to provide \$11,161 in support of Youth Mentoring. Our team looks forward to utilizing these funds to provide quality programming in the coming year. ■

## Allamakee County Community Foundation

An Affiliate of the  
COMMUNITY FOUNDATION OF GREATER DUBUQUE

*Thank You!*

## Foundation for the Future of Delaware County

An Affiliate of the  
COMMUNITY FOUNDATION OF GREATER DUBUQUE



Youth Mentoring enjoys a "Science Is Fun" group event at Luther College thanks to support from the Winneshiek County Community Foundation.

## Youth Mentoring Beneficiary of New Grant

Helping Services was recently announced as a recipient of a grant from Iowa Mentoring Partnership that will focus on serving youth impacted by opioids in rural Iowa. This funding is provided by the office of Juvenile Justice and Delinquency Prevention through the Iowa Mentoring Partnership. We are proud to be one of the few Mentoring programs in the state to receive this new award. This grant funding will allow Helping Services to grow both in scope and people, as Colinne McCann recently joined the team as a Mentoring Coordinator.

Youth Mentoring is an important piece of Prevention efforts at Helping Services. We know that Youth Mentoring has a positive influence on the lives of the youth we serve, as evidence of numbers reported by youth in the program. For example, 91% of the 133 youth served in 2018 responded confidently that they can say "no" to drugs. Additionally, 92% of youth reported having positive relationships with caring adults and their peers. This new source of funding will allow Youth Mentoring to continue to grow and serve more youth in the coming years. ■



Hannah & Max like to play games during their time together in the after school mentoring program in Delaware County.





## DOUBLE YOUR GIFT TODAY!

➔ Anonymous donors have established a match to double all gifts up to \$6,250 until June 30. Take advantage and double your impact on Helping Services today!

You can make a gift by donating online at [helpingservices.org/donate](http://helpingservices.org/donate) or mail a check to PO Box 372, Decorah, IA 52101

*Thank you for your support and unlocking an additional \$6,250 for Helping Services!*

# HOLIDAY *Lights*

HIGHLIGHTS  
\*



*Thank you to Kim Andera (above) and Rachel Reilly (right) for donating the photography skills to help capture the magic of Holiday Lights!*

We are already hard at work to make the 2019 Holiday Lights event bigger and better than this last year. If you have any ideas, please reach out to **Ben Krouse-Gagne**, *Director of Community Engagement* at 563-387-1720 or [benkg@helpingservices.org](mailto:benkg@helpingservices.org).

*It was another record breaking year at Holiday Lights* this past season, with record attendance and donations at the door. Here are how the numbers broke down in 2018.

- **Walk-through Night: 1,508 visitors** (2017: 700 visitors)
- **Vehicles: 4,569** (2017: 4,288)
- **Free Will Donations: \$35,089** (2017: \$34,808)

In 2017 we had record numbers and we were hoping to get close to those numbers this year. To our surprise and pleasant delight, we broke all records again in 2018. We want to thank our sponsors, advocates, volunteers, and visitors for your support and help promoting this event.

For Helping Services, this is our single most important fundraiser we hold each year to support our programs across northeast Iowa. We are grateful for the support to make our neighborhoods and communities a healthier and safer place for all. If you were unable to attend Holiday Lights and would like to support our program you can make a gift online at: [www.helpingservices.org/donate](http://www.helpingservices.org/donate)

*We are  
grateful for  
your support!*



# Community Partner Feature

Individuals, businesses, civic groups, churches, and others contribute to the everyday success stories at Helping Services with generous donations throughout the year. No matter the size of the donation, it takes a group effort from many partners in the community to help families and youth in northeast Iowa live safer and healthier lives.

One of those key community partners is United Way. Helping Services is fortunate to receive funding from four United Way campaigns in northeast Iowa totaling nearly \$30,000 annually. The United Way of Dubuque Area Tri-States provides funds for perishable groceries and other client needs for victims of domestic violence residing in areas of Allamakee, Clayton, and Fayette counties.

The Oelwein Area United Way helps support an office space in Oelwein for our Domestic Abuse Advocate along with necessary client needs. The Waverly-Shell Rock United Way provides support for domestic violence advocacy services and client needs in Bremer County. Finally, the United Way of Winneshiek County supports all programs offered in Winneshiek County, including Domestic Violence Advocacy, Family Education and Youth Mentoring services.

Funding from United Way campaigns allow us to expand our reach to best serve families and youth throughout northeast Iowa. On behalf of the many youth and families touched by these dollars allocated to Helping Services, **thank you United Way!**



## Thank You!

Thank you for spending some time reading through updates from our team at Helping Services for Youth & Families.

Speaking of teams, I have been on quite a few teams during my life. Whether it's family, work, community, athletics, or music, I strive to do my best to contribute to a successful team. While I currently serve as the leader of our team at Helping Services, success does not happen without a commitment from everyone involved. Our team at Helping Services includes our volunteer-run board of directors, program volunteers, community partners, staff, and you, the donor. Please know that your commitment to Helping Services is appreciated and needed to ensure quality services continue to

be provided throughout the communities we serve. While not everyone may choose to participate in a program offered at Helping Services, your commitment ensures our team is ready, able and prepared to provide quality programming to those who do choose to seek services. **Thank you for your role in contributing to a successful team at Helping Services.**

A handwritten signature in black ink that reads "Carson Eggland".

—Carson Eggland, Executive Director

## What is a Board of Directors?

I wanted to take a moment and thank a group of people that work behind the scenes at Helping Services—the **volunteer led, Board of Directors**. The Board of Directors at Helping Services is composed of medical professionals, business owners, professional social workers, mental health providers, providers, and bankers. We are fortunate to have quite the variety of expertise serving on the board! Board members live in nearly every county we serve, which is extremely important as we look to best serve families and youth throughout northeast Iowa.

The Board of Directors meet monthly, with a charge of policy oversight and fiscal responsibility. The term of each board member can range from two years to six years. Similar to other non-profit boards, there is a President, Vice President, Secretary and Treasurer. The Board also serves as a supervisor to the Executive Director, to provide appropriate oversight and monitoring for the betterment of the organization.

**We are thankful for the volunteers who currently serve on the Board of Directors, and the countless others who have served since Helping Services began in 1973.**

### Helping Services' FY19 Board of Directors

Donna Kubesh, *President*  
Britt Rhodes, *Vice President*  
Julie Aanes, *Secretary*  
Chris Hoffert, *Treasurer*  
Dr. Scott Bohner  
Jim Bower  
Jennifer Hahn  
Deb Novak  
Jim Wadsworth

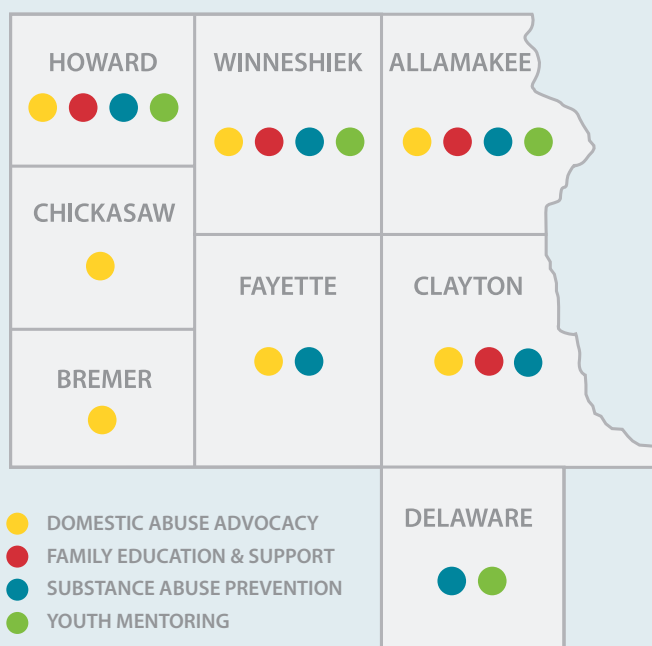
**On behalf of our team,  
thank you for all you do!**



## Celebrating Great Childhoods

April was *National Child Abuse Prevention Month*. However, communities can celebrate great childhoods all year-round! Helping Services for Youth & Families, along with the HAWC area Community Partnerships for Protecting Children (CPPC) encourage all to play a role in making our communities a better place for children and families.

Blue pinwheels have become the symbol for Child Abuse Prevention. Throughout April, blue pinwheels were displayed at courthouses, banks, and libraries. These pinwheels were not meant to signify the number of child abuse cases in the area, but rather to serve as a reminder of the great childhoods we want for our children.



Contact info:

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](http://www.helpingservices.org) | [info@helpingservices.org](mailto:info@helpingservices.org)



Families having fun at the Family Carnival Night in Waukon

*This year's theme for Child Abuse Prevention Month was "Do More of What You Love to Create #GreatChildhoods." Families enjoyed spending time together at four events in honor of Child Abuse Prevention Month:*

- April 4th** • 2nd Annual Family Roller Skating Night at the Chester Community Center
- April 11th** • Family Carnival Night at the Waukon Middle School Gym
- April 25th** • Family Roller Skating Night at Jewel Skate Country in Decorah
- April 26th** • 4th Annual "Spare a Night to Strike Against Child Abuse" Family Bowling Night at C.J. Lanes in Elkader

Events were free and open to families and caregivers with children of all ages. We did ask that all children were accompanied by an adult, as our goal with these events was to promote positive and meaningful connections between kids and caring adults. Nearly 600 people attended these four events throughout the month of April.

For more information on how you can get involved with CPPC, details about upcoming events, or if your business or organization would like pinwheels in the future, please contact Shelby Henkelman at [shenkelman@helpingservices.org](mailto:shenkelman@helpingservices.org) or 563-387-1720.



Blue pinwheels serve as a reminder of the great childhoods we want for our children

## “What You Don’t See” Event Hosted in Winneshiek County

What You Don’t See is a mobile training trailer designed to simulate a “typical” teenager’s bedroom, complete with all the paraphernalia and imagery one would expect to see but not to necessarily understand from today’s younger culture. In the room, attendees learn the meanings of signs, symbols & clothing, common hiding spots and other precursors that can be a tip to otherwise unsuspecting parents. Through a partnership with the Winneshiek County Sheriff’s Office, Helping Services for Youth & Families, and other organizations in the community, this trailer made an appearance in Winneshiek County in April.

The program educates parents and teachers of youth, primarily pre-teen and teenage at-risk youth, on the warning signs to identify potentially dangerous behaviors and lifestyle choices as well as how to intervene for a more positive outcome on behalf of those young targets before their life choices become terminal decisions. Because drugs, violence and crime don’t discriminate by gender, skin color, religion or affiliation, this public awareness campaign literally touch Iowans from all walks of life.

At the conclusion of the experience, attendees are provided with valuable resources such as pamphlets, contact information for local law enforcement agencies, substance abuse counselors, specific informational brochures, and much more. The Iowa Narcotics Officers Association believes this will allow parents and teachers to continue fighting on behalf of their youth with the information gained from the experience in addition to assistance from the resources being pledged towards the project from organizations such as the Office of Drug Control Policy, the Des Moines Police Department, Northeast Iowa Behavioral Health, and more. ■

Thank you to the Iowa Narcotics Officers Association for bringing resources to families in Northeast Iowa.



Helping Services encourages those who want resources to help quitting the use of tobacco products to contact Quitline Iowa at: **1-800-Quit-Now**

## Partnerships Grow Prevention Services

We are very excited about a new opportunity to advance our work in making Northeast Iowa a healthier and safer place. Here is a little background about the work that has been done in our communities and what we are looking forward to!

For over twenty years, Helping Services received the Comprehensive Substance Abuse Prevention Grant through the Iowa Department of Public Health. This grant has covered Allamakee, Delaware, Dubuque, Fayette, Howard and Winneshiek counties. Strategies were implemented to best fit the ever changing needs of each county including alcohol retailer training’s, school programming, community and business presentations and community coalitions.

In January, the grant restructured. The Iowa Department of Public Health created an Integrated Provider Network to provide substance use disorder, problem gambling, and prevention under one program. Northeast Iowa Behavioral Health had previously received the substance use treatment grant. With all of these services under one grant, we have partnered together for a strong application. Northeast Iowa Behavioral Health submitted the application and was awarded the funds. Helping Services will continue to provide the prevention piece of these services.

We are currently gathering more information about our corner of the state to best provide services to all of our local communities. Problem gambling prevention is new to us and we are ready to take it on! The counties served under this grant have changed slightly with the restructuring. We will provide substance abuse and problem gambling prevention services to Allamakee, Clayton, Fayette, Howard and Winneshiek Counties. We look forward to building relationships in Clayton County starting with the 5C Coalition. ■

Visit: [helpingservices.org/services/substance-and-drug-use-prevention/](https://helpingservices.org/services/substance-and-drug-use-prevention/) for more information.



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These youth groups continue to step up their game. Each year at least 2 of the 3 school districts host the Hidden In Plain Sight display which is a teen mock bedroom used to educate parents on drug-related items and paraphernalia. They all participate in Substance Free Celebrations at graduation time by getting local businesses involved and demonstrating that underage alcohol use does not need to be an acceptable norm. These groups also help with organizing and hosting youth focus groups where students are given the chance to share what is happening in their world when it comes to substance use among their peers. This tool serves as a very effective assessment tool and helps gauge future prevention strategies offered in the county.

Finally, the Delaware County youth continue to want more. They have requested a training that will give them the skill set to do a brief intervention if a friend or family member starts using substances. They take Helping Services up on any leadership training offered to them and they appreciate the freedom to be creative and explorative when it comes to educating their peers. Youth want adults to be honest, they want to be part of the solution and they want the chance to prove that they can make a difference. We are extremely proud of all of the youth groups across our service area and look forward to our future partnerships. ■



*Services at the Domestic Abuse Resource Center are voluntary, free, and confidential.*

Please call our **24/7 Resource Line** at **800-383-2988** to talk with an advocate about ideas and support best suited to your needs.

## **Volunteer Opportunities at the Domestic Abuse Resource Center**

*My name is Brittany McIntyre* and I serve on the Domestic Abuse Resource Center (DARC) team. Part of my role is as volunteer coordinator to support our support to clients. Assisting domestic violence victims is extremely rewarding, and we would not be able to do it as successfully without the help of our volunteers. At the DARC, we are always seeking compassionate and caring individuals who are interested in working alongside advocates to support our clients. We understand that some volunteers prefer the behind the scenes work, while others enjoy being more hands on, which is why we offer two type of volunteer roles:

**Indirect Volunteers**—The DARC needs volunteers for many different roles, including clerical work, taking inventory of our food and supply pantry, providing childcare during parenting classes and assisting with support groups. Volunteers also raise awareness by conducting food, diaper, and household supply drives to help keep our pantry full for client needs. To help provide better support and resources to local clients, all volunteers are welcome and encouraged to serve on the Northeast Iowa Coalition against Domestic Violence and Sexual Assault. These meetings are a great way to bring new ideas and topics to the table, and spark conversation about a topic that often goes unspoken.

**Direct Volunteers**—Direct volunteers are required by the Iowa Coalition against Domestic Violence to complete a 20 hour training. The training is full of great information and tools to better equip volunteers to serve victims effectively. Volunteers may complete this training online, in a group setting, or one on one with our volunteer coordinator. Once the training and application process has been completed, the volunteer is ready to work alongside advocates, and make a difference in the lives of the clients that we serve. They are able to answer our resource line, provide clients with medical advocacy and/or transportation, or provide safe housing to victims in need.

If these opportunities sound like a good fit for you, or you have more questions regarding volunteering with the DARC, please contact:

**Brittany McIntyre** at **563-380-4976** or [bmcintyre@helpingservices.org](mailto:bmcintyre@helpingservices.org).

**Thank you in advance for your support of the DARC!**



F&M Bank supports Helping Services for Youth & Families Annual Youth Mentoring Bowl-A-Thon in Delaware County, raising over \$3,500.

## Bowl-A-Thon Fundraisers Held This Spring in Manchester and Waukon

**Thank you** to all the sponsors, bowlers and their supporters of the Bowl-A-Thon fundraisers held this spring in Manchester and Waukon. There were many cheers as bowlers experienced strikes, spares, and even gutter balls. Mentoring Coordinator Kathy Schwartzhoff shares, "Bowlers got into the theme wearing cowboy hats, vests, big belt buckles, and someone even brought a spur! It was so much fun!"

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

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

**Colinne McCann** or **Kathy Schwartzhoff** (Allamakee, Howard & Winneshiek Counties) at 563-387-1720

Learn more at [helpingservices.org](http://helpingservices.org)



A great group at the Bowl-A-Thon