

Youth Mentoring Partners with Northeast Iowa Peace and Justice Center

This year the Youth Mentoring program partnered with the Immigration Working Group out of the Northeast Iowa Peace and Justice Center to bring mentoring to local immigrant youth. Five youth and their families signed up for mentoring and were matched with an adult friend to be their mentor. The matches have been going on hikes, watching movies at the theater, reading books at the library, learning about art, eating some Whippy Dip, playing games, and having all kinds of new experiences.

Youth Mentoring, through the support of the Iowa Mentoring Partnership, is thrilled to have made this partnership with the Immigration Working Group. Mentoring Coordinator Colinne McCann states, "When I get the reports from the mentors on the times they are having with their youth, it warms my heart to hear the experiences and opportunities the immigrant youth are getting that they might not otherwise have. It is so exciting to see mentoring making an impact on the lives of youth as well as the mentors lives."

If you or anyone you know would be interested in mentoring a youth and making an impact on the life of a youth please contact: *Colinne* or *Kathy* at mentoring@helpingservices.org or call 563-387-1720.

Thank You! **IOWA MENTORING PARTNERSHIP**



Immigration Working Group Members at their Mentoring Training.

Youth Mentoring FY19 Stats

Youth Mentoring has five program goals that it aspires to achieve. Surveys that are completed in the fall and spring help us see where youth are at in their growth toward these goals. Here are the results for FY19:

Youth Mentoring strives to achieve five important goals. The findings for mentees are:

98% of mentored youth are able to say no to drugs

91% have positive relationships with their peers and other caring adults

89% are hopeful about their future

86% feel good about themselves most of the time

79% have a good attitude about school

One parent shared...

"I love this program! I cannot tell you how much fun my girls are having by being involved. This program has turned their life around! I want to thank you."



Mentors and youth enjoyed a fun picnic to celebrate the year's successes!





TCLC Summer Program Shines

Not only does **Tigerhawk Connections Learning Center (TCLC)** in West Union host before and after school activities during the school year, it also operates as a summer program for young students. This summer, TCLC hosted 28 Summer Camp participants. Along with daily learning opportunities, enrichment activities throughout the summer included a book club, Healthy LifeStars Club, and fun outings.

One outing was a trip to the Fayette County Fair on July 23, with a tour hosted by Iowa State University Extension Office. The campers had a great time! Many of the campers decided their favorite part of the fair was the petting zoo.

To learn how your child can participate in the TCLC program at West Union Elementary, please give **Brittney Backes**, Program Coordinator, a call at **563-379-0629**.



There are TCLC superheroes amongst us!

TCLC campers loved experiencing the petting zoo at the Fayette County Fair!



Helping Services' Program Earns Credential

We are pleased to announce that Helping Services' Family Education & Support Program has earned the Iowa Family Support Credential. The Iowa Family Support Credential is awarded to family support and parent education programs that are validated through an external evaluation to be in substantial adherence to the Iowa Family Support Standards.

The Iowa Family Support Standards are based on the most up to date, evidence based practice in the family support field. Adherence to the standards indicates that the program is providing high quality services that will result in positive outcomes for young children and their families.

The Helping Services' Family Education & Support team diligently worked toward meeting all of the standards over the course of more than two years with the assistance of a program specialist. A peer review was conducted by trained peers from central Iowa to validate the program's adherence to the standards. The Iowa Family Support Credential is valid for five years.

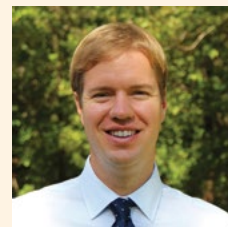
For additional information about enrolling your family in the **Helping Services' Family Education & Support Program**, please contact **Barb Fjelstul** at **563-387-1720**.

The program serves families residing in Allamakee, Clayton, Winneshiek, and Howard Counties.



Letter from our Director

While our team strives to communicate our message and mission throughout the eight counties we serve, sometimes it can be difficult to understand exactly what happens at Helping Services. You will see terms like “*Domestic Abuse Resource Center*,” “*Family Education & Support*,” “*Substance Use Prevention*,” and “*Youth Mentoring*” on the following page as it relates to year-end statistics. So, what do those terms really mean?



Domestic Abuse Resource Center: A team of certified advocates is available to provide options and resources for individuals who identify as victims of domestic abuse. Services are 100% voluntary and client-driven. A Resource Line (1-800-383-2988) is available 24/7 for those seeking services. Counties served include Allamakee, Bremer, Chickasaw, Clayton, Fayette, Howard, and Winneshiek.

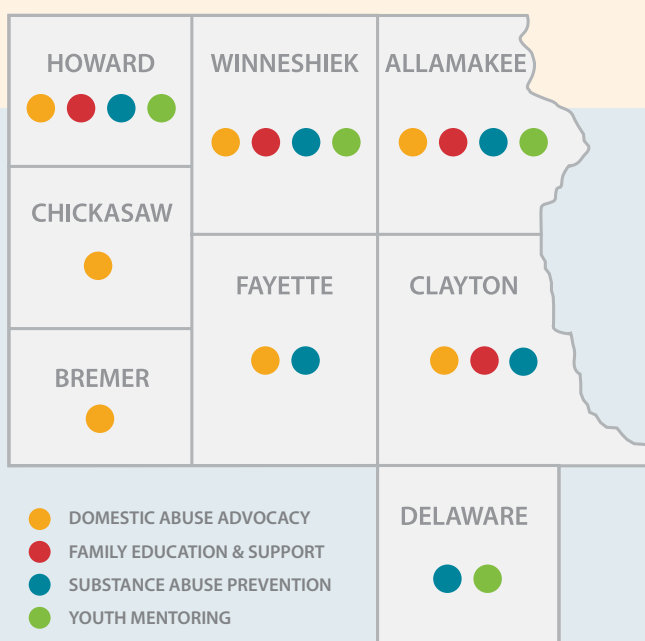
Family Education & Support: A group of trained in-home educators utilize the Parents as Teachers curriculum to work with parents of children age 0-3 years old on child development benchmarks. Services also include free parenting workshops for anyone seeking options. Counties served include Allamakee, Clayton, Howard, and Winneshiek.

Substance Use Prevention: Our Certified Prevention Specialists at Helping Services encourage youth and adults to make healthy choices surrounding alcohol and other drugs. Counties served include Allamakee, Clayton, Delaware, Fayette, Howard, and Winneshiek.

Youth Mentoring: Mentoring Coordinators pair youth age 6–16 with an adult role-model. Counties served include Allamakee, Delaware, Howard and Winneshiek.

The mission of Helping Services is simple, yet thoughtful: “Helping to support healthier and safer families & communities.” The people behind the terminology of our programs are available, ready, and willing to help you and your loved ones enjoy a healthier and safer life. Thank you for allowing our team to play a positive role in your community.

—Carson Eggland, Executive Director



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Board Members at Helping Services can serve up to three consecutive two year terms.

Thank you to Kim Deering, Britt Rhodes and Jim Wadsworth for also serving during the 2018-19 year.

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

Domestic Abuse Resource Center

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

New Victims Served

- 211 Domestic Abuse Adults (*including dating 18+*)
- 4 Dating Violence (13–17)
- 10 Domestic Abuse Children
- 12 Sexual Assault Adults
- 2 Child Sexual Abuse (0–12)
- 5 Child Physical Abuse
- 13 Stalking
- 18 Assault (*Iowa Code Chapter 708*)
- 2 Human Trafficking: Sex
- 17 Bullying (*Verbal, Cyber, Physical*)

294 Total Individuals Served

Other Numbers

1,160 Total Line Calls

131 Total Transportation Trips

Substance Use Prevention Program

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

- 93** Youth served in before, after, and summer school programs
- 264** High school students worked with prevention staff in the schools
- 142** Community members participated in coalitions
- 579** Youth participants at substance use prevention presentations
- 386** Adult participants at substance use prevention presentations
- 98** Servers who attended at Responsible Beverage Server Training
- 8** Childcare facilities became nicotine free
- 30** Businesses that adopted tobacco policies in the workplace

Family Education & Support Program

Serving residents of Allamakee, Clayton, Howard, and Winneshiek counties.

Family Education

Families Served using Parents as Teachers* model: **58**

Children Served using Parents as Teachers* model: **81**

Home Visits: **766**

** 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: **87**

Parents and youth attending events in April for Child Abuse Prevention Awareness Month and other Community Partnerships in Protecting Children events: **580**

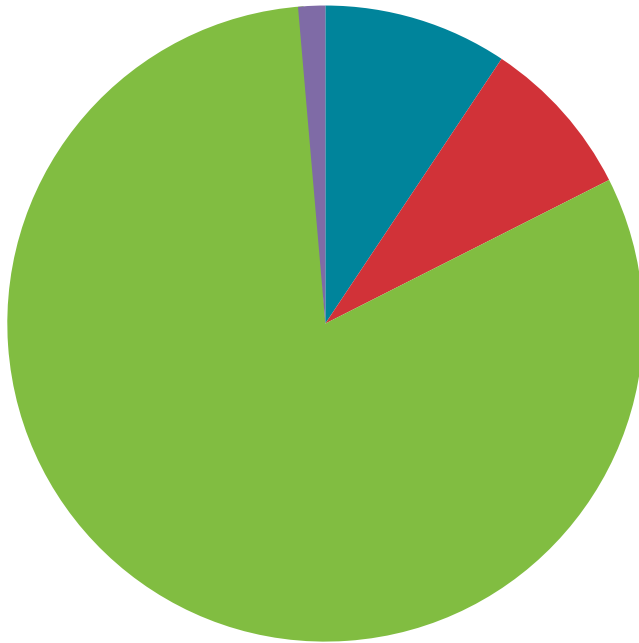
Youth Mentoring

Serving residents of Allamakee, Delaware, Howard and Winneshiek counties.

Youth Served **135**

Your support of Helping Services provides impact for youth across northeast Iowa!





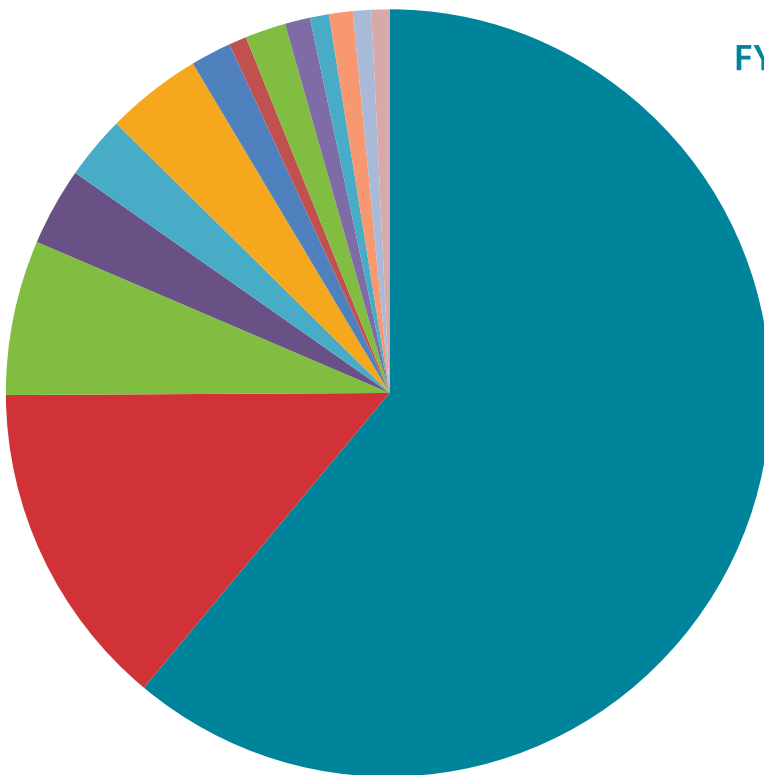
FY 2019 OPERATING REVENUE = \$1,759,529

- Local Donations • 10.5%
- Local Fundraising/Special Events • 11.6%
- State and Federal Grants • 77.2%
- Other • .7%

Did You Know?

Based on audited numbers from Fiscal Year 2018, 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 2019 OPERATING EXPENSES = \$1,737,138

- Employee Salary • 61.5%
- Employee Benefits • 13.8%
- Program Activities/Materials • 7.9%
- Travel • 3.4%
- Staff Development • 2.0%
- Direct Client Support • 3.5%
- Rent/Utilities • 1.5%
- Equipment • 0.7%
- Communications • 1.5%
- Insurance • 1.1%
- Professional Fees • 1.1%
- Contracted Services • 0.9%
- Repairs/Maintenance • 0.6%
- Other • 0.5%

Please Note: These are unaudited financial numbers for FY 2019 (July 1, 2018–June 30, 2019). Audited numbers will be published on www.helpingservices.org when available later in the year.

Planned Giving Focus

Annual gifts provide the necessary support to ensure programs and services thrive each year. Planned gifts, or deferred gifts, make it possible for Helping Services to thrive both now and well into the future. Please look for materials on examples of planned gifts, such as Wills and Revocable Trusts, IRA Gifts, and Beneficiary Designation, on www.helpingservices.org. While these materials will help guide you as you explore options, please reach out to **Ben Krouse-Gagne** at 563-387-1720 or benkg@helpingservices.org to learn more or have a conversation about how you can leave a legacy at Helping Services.

"When I became a member of the Board of Directors for Helping Services in 2015, I was not fully aware of all the organization did for the communities served. Since then, Don and I have come to realize what an important organization it is to so many. We are convinced of the necessity of the programs and want to do what we can to make sure the services they provide continue."

Donna Kubesh, Board President
& Proud Supporter

The Giving Project 2019

The 2019 Giving Project is in full swing! The project matches area donors with children of clients that have been helped by the Resource Center staff. These donors purchase Christmas gifts for the families by purchasing items off of wish lists that clients fill out. Donors don't receive any identifying information about who they are helping but will be provided with the child's age and size. Last year we were fortunate to have generous donors who donated presents and needed supplies to 41 clients and 72 children with Christmas gifts. If you are interested in sponsoring a family this year, please contact our **Resource Line** at (800) 383-2988 or reach out via our website.

Visit Santa
Every Thursday
thru Sunday
Evening

HOLIDAY
Lights

TIPS Training Benefits Retailers

Helping Services offers TIPS training to area retailers free of charge. **Training For Intervention Procedures [TIPS]** is the global leader in education and training for the responsible service, sale, and consumption of alcohol. Proven effective, TIPS is designed to prevent over intoxication, underage drinking, and drunk driving. Retailers who utilize TIPS benefit immediately by reducing risk and creating a safer, more responsible environment.

TIPS training can:

- Reduce exposure to alcohol liability lawsuits
- Ensure alcohol training compliance with state regulations
- Reduce penalties for alcohol violations
- Prevent property damage
- Lower insurance premiums
- Improve customer service and professionalism

Schedule a TIPS training for your establishment today by contacting **Jen Kimber**, Prevention Specialist at Helping Services, at jkimber@helpingservices.org or 319-290-9282.



Sara Neuzil from PIVO Brewery and Blepta Studio receives her TIPS certificate.

Holiday Lights Celebrates Its 15th Year!

Holiday Lights returns to Pulpit Rock Campground in Decorah beginning with **the walk-through night on Wednesday, November 27**. The Lights will be open for drive-through traffic from **November 28 to December 25**.

Serving as the largest fundraiser of the year for Helping Services, Holiday Lights is fun for the entire family. Please consider stopping by to visit the Lights this holiday season. Free will donations will be accepted nightly.

More information can be found at:
www.helpingservices.org/holiday-lights

Helping Services Offers Workshops and Resources

Helping Services offers workshops and resources throughout the year for parents, caregivers and anyone involved in working with children. The Nurtured Heart Approach workshop is one such resource, which focuses on building healthy, positive relationships between adults and children.

Those attending the workshops learn tools such as:

- How to set boundaries and limits that empower your child
- Say “No” to your child and have them accept this response
- Celebrate your child’s behavior in a real and authentic way

A light meal and free childcare is provided at each session. Families who complete all three sessions will receive a gas card and a set of children’s books and activities to take home with them. The first workshop was held this year in September in Decorah. Look for future workshops in Allamakee, Clayton and Howard counties throughout the year. Workshop dates will be posted on www.helpingservices.org/events and www.facebook.com/helpingservices.



“This workshop will help you feel more in control of your parenting. If you have a strong-willed child, this is the course for you.”

Even though I don’t have children, it was a great class to take. I spend time with my nieces and nephew and want to be the best aunt that I can. This is a great community resource!



Youth throughout northeast Iowa enjoyed a day at Camp EWALU.

Youth Leadership Day

The annual Youth Leadership Day was held at Camp EWALU in October. Over thirty high school students from northeast Iowa attended the Youth Leadership Day, with work throughout the day focused on projects in their school and community. Staff provided interactive education on a few topics that students requested including vaping, marijuana and alcohol. A common theme is that many of the youth are concerned about students their age and younger who are vaping. Students also spent time on the low-ropes course with team building activities and each left with a plan of action for the upcoming year.

Throughout the year Prevention staff work with youth in local schools including Cresco, Decorah, Edgewood-Colesburg, Maquoketa Valley, Riceville, South Winneshiek, Turkey Valley, Waukon, West Central, and West Delaware.

Students test their skills on the low-ropes course.





HELPING SERVICES for Youth & Families

PO Box 372 • Decorah, IA 52101

Update your contact info at info@helpingservices.org

Thank you to mentors!



School Based Mentoring Seeks Mentors

Youth in *Decorah Community (John Cline Elementary)*, *West Delaware, Maquoketa Valley*, and *Edgewood Colesburg School Districts* are seeking mentors this year. We hope you will consider mentoring a local youth this year. There are two types of school based mentoring:

School-Based Mentoring Services – Volunteers age 16+ are matched with a youth in grades K-12 for a minimum of one school year. The volunteer meets with the student for 45 minutes to one hour each week. These matches meet during the school day on the school grounds. Each match meets one designated day per week, every week, during the school year. Location options to meet include; available classrooms, cafeteria, gym, quiet hallways, school stage, guidance counselor office or on the playground.

After-School Program — Volunteer high school students, grades 10th through 12th are matched with a child between the ages of 7 to 13, for one hour (1:30 – 2:30 PM), one designated day per week after school. The match is a one year commitment. Activities the match might do together are; play provided board games, work on a craft together, work on a challenging subject or school assignment the mentee has, or play on the playground.



Mentoring is a great way to support youth in your community!

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