

September Newsletter

Helping Services for Youth & Families <info@helpingservices.org>

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Over the last 18 months, our team has found proactive ways to serve the community in new and innovative ways. One of those ideas was building a chat function on the [Helping Services' website](#) that allows individuals experiencing violence in their relationship to reach us. Activity on the chat line continues to increase as we work to promote this new resource throughout northeast Iowa.

You can help us spread the word about this important resource by sharing the www.helpingservices.org/chat link with friends, family, and neighbors. Similar to our Resource Line (1-800-383-2988 or the local number 563-382-2989), the chat line is available 24/7. Services with our Domestic Abuse Resource Center are always free and confidential.

Thank you for helping us spread the word about important resources available to Iowans living in your community.

Sincerely,

Carson Eggland
Executive Director

Support for Veterans and Active Military

Helping Services for Youth & Families is sensitive to the veterans and active military who are trying to emotionally process the current events in Afghanistan. If you have a veteran or active military struggling with these events, there is help through organizations like the VFW, American Legion, and the Department of Veterans Affairs. Emotional challenges can manifest into substance abuse, domestic violence, or self-harm. Our Domestic Abuse Resource Center is available 24/7 at 800-383-2988 or

[HelpingServices.org/chat](#). You can also visit [YourLifelowa.org](#) for phone, text, and chat resources to discuss problems with alcohol, drugs, suicidal thoughts or mental health, as well as [211.org](#) for additional help.

Direct Veteran Resources:

- [Veterans Crisis Line](#): 1-800-273-8255, Press 1 or text 838255
- [Make The Connection](#): Hear stories of recovery from veterans like you
- [Veterans Affairs](#)

Child Passenger Safety Week

September 19th – 25th is child passenger safety week. Vehicle crashes are a leading cause of death for children. On average, two children under 13 were killed and an estimated 374 were injured every day in 2019 while riding in cars. There are simple tips to assure your car seat is installed correctly:

- Read the car seat instruction manual AND the section of your vehicle's owner's manual on car seat installation.
- Place the car seat in the back seat of your vehicle and follow the manufacturer's installation directions.
- The car seat must be secured tightly. It should not move side to side or front to back more than one inch when you check it at the belt path. If the car seat is forward facing, the tether strap must be connected to a tether anchor and tighten. This step is very important as it limits forward head movement in a crash.
- If it is a rear facing seat, make sure the car seat is installed at the correct angle. Most car seats have a built-in angle indicators or adjuster that help with this step.

If you have questions contact one of Helping Services' Certified Safety Passengers Technicians on staff at 563-387-1720 or info@helpingservices.org.



Youth Mentoring Partners with Fareway

The last week of September in the Cresco, Decorah, Manchester, and Waukon Fareway locations shoppers will be receiving a Youth Mentoring grocery stuffer as they check out with information about how to get involved in Youth Mentoring. Informational posters on Youth Mentoring and ways to get involved will be hanging in your local Fareway as well.

To find out ways get involved with Youth Mentoring contact 563-387-1720 or mentoring@helpingservices.org.

September is Recovery Month

Recovery Month was first proclaimed in 1989 as Treatment Works! This brought recognition and awareness to the work that substance use treatment professionals were doing to support those with a substance use disorder. This year's theme is "Recovery is for everyone: every person, every family, every community." This stresses recovery is for all, and brings to light the struggles that not only the individual, but also the families, communities and treatment/prevention professionals go through to get to and to maintain recovery. Visit Your Life Iowa for your recovery resources www.yourlifeiowa.org.

Here at Helping Services for Youth & Families, we are focused on the prevention of the abuse of Opioids and Stimulants in our local communities. We strive to provide education on the stigma associated with

substance use disorder, and its effects on recovery and access to treatment. We are able to provide the following trainings:

- Drug Overdose Trends and Prevention of Methamphetamine and Opioids
- Stigma Associated with Substance Use Disorders
- Primary Prevention Strategies to Address Opioid Use at the Community Level
- Psychostimulants: The Vital Information for Iowa's Front Line

To schedule your training contact Jon Vagts, Prevention Coordinator at jvagts@helpingservices.org.

[More Information About Recovery Month](#)

Upcoming Events

Tasty Thursdays • Sugar Bowl, Decorah

September 9 5:30 pm – 6:30 pm

Every 2nd Thursday of the month, mentors and mentees are welcome to come to Sugar Bowl and enjoy ice cream together. Tasty Thursdays are on the house, compliments of Sugar Bowl.

For questions contact Youth Mentoring at mentoring@helpingservices.org.

ERASE Coalition at Fall Fest • Northeast Iowa Community College, Calmar

September 9 5:00 pm – 8:00 pm

The Winneshiek County ERASE coalition will have a 'Hidden In Plain Sight' mock teenager bedroom set-up to walk through and learn about trending drug, alcohol, & vaping paraphernalia. There will also be educational escape rooms for youth.

For more information contact us at 563-387-1720 or info@helpingservices.org.

Mississippi River Museum • National Mississippi River Museum, Dubuque

September 18 12:00 pm – 3:00 pm

Mentoring will enjoy a fun-filled day exploring the National Mississippi River Museum. Youth will be able to check out the otters, learn about how to care for the river, and learn about boats used long ago. We will end the day with a showing in the IMAX theater.

Contact your mentoring coordinator for travel arrangements. When we arrive we will all enjoy a meal together and then go explore!

Please RSVP by Sept. 13th to mentoring@helpingservices.org.

