



MEN are Mentoring

Youth Mentoring is simple and rewarding. All it takes is a minimum of four hours per month for one year. Individuals, couples, and families can be mentors. Mentors can spend time with their youth at their school or doing things they both enjoy out in the community.

MEN are mentoring and are especially needed to be that extra adult role model for area boys and young men. The male mentors featured in this article are passionate about mentoring and give a great male presence to the mentoring program. Take their words and see how simple mentoring is.

Tim Sadler, a mentor from Cresco, says that mentoring is a super fun way to have a younger buddy or friend that has the same interests as you. He commented that a benefit for him is that he has gained a younger friend who he gets to almost view as a younger brother and he enjoys going to his sporting events, cheering him on, and supporting him. He says the best part of mentoring is, "Mentoring is so flexible! We get to do whatever activities he and I enjoy whether it's basketball, skiing, or movies. Sometimes we are busy, so we just wait a week and hang out the following week." Tim has been connected with his mentee since March of 2019 and encourages you to become a mentor.



Tim supports Kaden at his track meet

Joe Deschler, from rural Spring Grove, has been with his mentee since October of 2021. He wants others, especially other men, to know that mentoring is a fulfilling, kind, pay-it-forward thing to do and that you are helping make a young life better and happier. He says, "Helping Services' mentoring staff do a good job of matching you with a youth who has your same interests and mentoring is very flexible. It's just four hours a month when it works for you and your mentee you go do something fun and interesting. It can be something simple like bike riding and ice cream or joining a mentoring group event like going to an escape room."

Mentor *Cody Bennington* from Strawberry Point, who has been matched since May, gives this advice to men thinking about mentoring. He says, "Be open-minded, flexible, and think of yourself as a role model. My mentee has opened my eyes to trying new things." He also stated that mentoring is great because you get to enjoy the same things your mentee wants to do, so it makes the time you spend together easy and fun and it is beneficial to see the mentee enjoying themselves. His hope in mentoring is to guide a child in the right direction and to always be someone the mentee can turn to.

Jaidon and Linus enjoy Sugar Bowl ice cream at a Tasty Thursday event





Alcohol Server Training

The Prevention Team offers trainings for any businesses that sell or serve alcohol, and to any group that may be serving alcohol at an event. This is a skills-based certification led by a Certified Prevention Specialist called, Training for Intervention Procedures (TIPS).



TIPS is the global leader in education and training for the responsible service, sale, and consumption of alcohol. TIPS is designed to prevent over-intoxication, underage drinking, and drunk driving. The training helps sellers and servers to become confident and create a safer work environment and a healthier community. TIPS also assists local businesses, and other liquor license holders, by reducing their exposure to liability lawsuits.

Trainings are provided at no cost to businesses and groups who may be selling or serving alcohol, through the Integrated Provider Network Grant, from the Iowa Department of Health and Human Services. Helping Services sought this funding to assist in preventing substance misuse and problem gambling in Allamakee, Clayton, Fayette, Howard, and Winneshiek Counties. ■

For further information, or to register for the training, contact **Jenny Rose**: jrose@helpingservices.org or call **563-387-1720**. Upcoming trainings can be found on the Helping Services event calendar at helpingservices.org/events

Teens from Winneshiek & Delaware Counties Join ISTEP Executive Council

Fall is a busy time of year. Schools are back in full swing and in the six-county service area there are seven youth-led substance free groups. During September many of the groups held their first meeting to discuss their area of focus and plans for the school year. These youth leaders aim to educate on the harm surrounding substance use and provide support to peers by raising awareness for resources available.

Each youth group is linked to a statewide movement, ISTEP (Iowa Students for Tobacco Education & Prevention), organized by the Iowa Department of Health & Human Services. This state level movement is comprised of a council of twelve teens from across the state. A few examples of efforts performed by the council include creating educational campaigns and hosting an annual summit for youth groups across the state. ■

Congratulations to Morgan (Maquoketa Valley TEL), **George** (Maquoketa Valley TEL), & **Jenna** (Decorah TAATU) on their new position with the ISTEP Executive Council!



On October 11th, 29 students from Maquoketa Valley, MFL MarMac, West Central, and South Winn gathered together to attend Helping Services' Annual Youth Leadership Day, which takes place at Camp EWALU near Strawberry Point. This event provides an opportunity for youth to build their leadership skills through networking with other youth leadership groups in NEIA, gaining knowledge on a variety of substances and their impacts, and establishing an action plan for these leaders to take back to their schools & communities. The event is possible due to funding that Helping Services receives through the Community Partnerships for Tobacco Use Prevention and Control Grant from the Iowa Department of Health and Human Services.



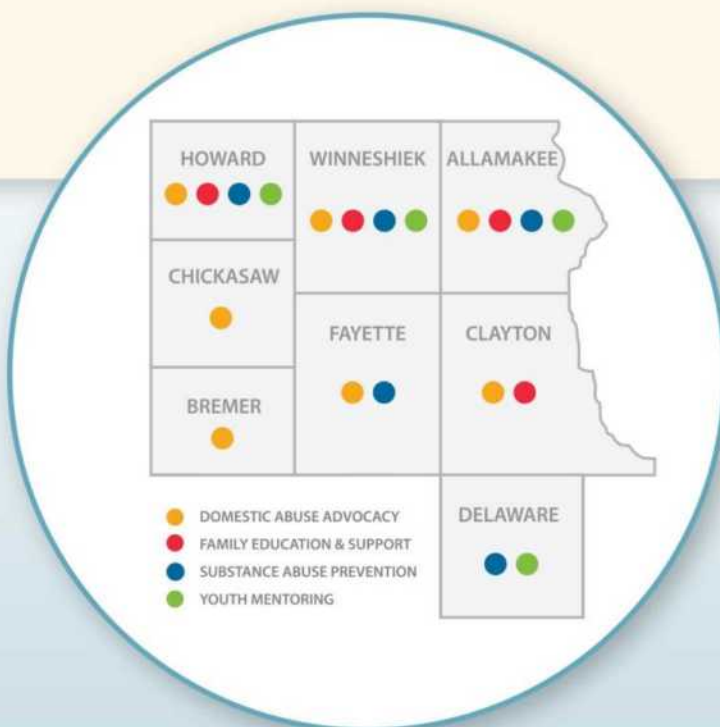


Next year marks an important anniversary of 50 years in the lifespan of Helping Services for Youth & Families. From a then grassroots organization composed of volunteers to a group of now 27 staff members and ten board members, our team continues to work hard in your community to provide quality and meaningful services for individuals and families. Many leaders and volunteers have shaped the organization since 1973, and I continue to feel grateful for the opportunity to lead our current team at Helping Services.

Core programs centered around supporting safer and healthier families and communities remain a priority, and you will read about news and updates from those programs throughout the newsletter. Helping Services is the grateful recipient of donations received at community events such as Holiday Lights that allow our team to better serve individuals and families throughout northeast Iowa. We also are the proud recipient of grants that allow our team to address issues and concerns in the community. Both of these funding sources are crucial for the continued success of this organization.

Thank you for the opportunity to be there for you, your family, your friend, or your neighbor. If you would like to learn more about getting involved as we move into the next 50 years of Helping Services, I encourage you to visit helpingservices.org or simply give us a call at 563-387-1720. Volunteers and leaders are always needed as we shape the next *50 years of Helping Services*.

— Carson Eggland, Executive Director



Helping Services Board of Directors

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

Contact:

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

2021–2022 ANNUAL STATISTICS

Allamakee, Bremer, Chickasaw,
Clayton, Delaware, Fayette,
Howard, & Winneshiek
Counties

FY22 • 7/1/21–6/30/22

Substance Misuse Prevention Program

(Allamakee, Clayton, Delaware, Fayette, Howard, and Winneshiek Counties)

- 96 Youth served in Youth Mentoring
- 676 Youth participants at Substance Misuse Prevention presentation
- 41 Youth participants in Curriculum Based Support Groups*
- 141 Adult participants at Substance Misuse Prevention presentation
- 107 Adult participants at Problem Gambling Prevention presentations
- 54 Servers who attended TIPS training for alcohol retailers
- 41 Businesses that adopted nicotine free workplace policies
- 15 Parent Education materials distributed
- 100 Quit kits distributed
- 32 People reached with coalition information/ education at community events
- 123 Participants in Your Life Iowa presentations
- 238 High School Students Participated in Youth Leadership Groups

Volunteers

- 200 Community members participated in Community Coalitions
- 149 Mentors*
- 22 Mentors for a day
- 24 Youth Mentoring steering committee members
- 29 Other Volunteers (RSVP and other mentoring activities)
- 12 Board Members
- 5 Volunteers who assisted in the 24/7 Resource Line
- 300+ Holiday Lights event volunteers

Domestic Abuse Resource Center

(Allamakee, Bremer, Chickasaw, Clayton, Fayette, Howard, and Winneshiek Counties)

- 206 New victims served
- 1,532 Total Resource Line calls and chats
- 58 Transportation trips
- 20 Hotel night stays

Family Education & Support

(Allamakee, Clayton, Howard, and Winneshiek Counties)

- 57 Families served
- 106 Children served
- 336 Visits in home
- 41 Visits: Virtual or phone
- 13 Playgroups
- 38 Community Partner meetings attended
- 9 Community events attended
- 250+ Staff training hours

* A 4th grader participating in the Curriculum Based Support Group said to staff *"thanks for coming to my school so I could share things, and it's nice to know that not every family is perfect"*.

* A Winneshiek mentor was told by her very shy mentee, *"You're lucky I talk to you"*. The mentor asked for her to share more. The mentee said, *"You are one of the few people I trust"*.

Youth enjoyed the low ropes course at Camp Ewalu Leadership Day





Joe, Brayden, Vicki, Lowell and Ed "escaped" their escape room just in time

of others in different circumstances than me and I have also been able to make new adult friends through the mentoring."

Individuals, couples, and families can be mentors. MEN are mentoring. Now is the time to get involved and make a difference in the life of a youth in your community. ■



Thank you to the Iowa Department of Public Health for its support of this project through the "Improving Tomorrow: Prevention Focused Mentoring" grant awarded to Helping Services.

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Linus Hothaus, from rural Ossian, has been mentoring for less than a year. He got involved because his wife has been a mentor since 2017. He advises men who are thinking about mentoring should get past the notions that it is complicated and you have to have a special skill set to mentor. Linus says, "I'm nothing special. I figure that if you think you can be helpful to a young person, you should do it!" He also encourages others to attend the group events to see how it goes for them and see what it is like to be a role model for youth.

An Edgewood-Colesburg school-based mentor, Mike Jackson, says mentoring is all about listening. He says, "Be a good listener, you learn so much about the young people of today. Just listen to your mentee and offer suggestions when something troubles them, you will be surprised the next time you hang out they come up with an idea and often it was your suggested one." Mike also thinks mentoring is great because as a mentor you pick up on their interests, you educate yourself, and after spending time with your youth, you're energized for the rest of the day. He says, "In the past year, I have learned a lot about reptiles and aquarium fish. Mentoring is a short time commitment and convenient.

A great way to get involved with youth."

Jeff Minear of rural Decorah, a male Mentor For A Day (mentoring's short-term option) and past mentor, says a great way to get involved is to be a Mentor For A Day. Come to group events and get to know the youth and talk and interact with other mentors. During his three years as a mentor he shares, "It is not hard to meet the required time needed and outings do not have to be elaborate; you can just hang out with your mentee and do things you would already normally do." Mentoring is not just beneficial for mentees but it is also beneficial for mentors and Mentors For A Day. Jeff says, "Having a close friendship with a youth is beneficial for both parties, I have gained patience as well as an understanding



Cody and John record a radio ad at KMCH promoting mentoring in Delaware County

HOLIDAY *Lights*

Holiday Lights Celebrates Its 18th Year!

Holiday Lights returns to Pulpit Rock Campground in Decorah beginning with *the walk-through night on Wednesday, November 23. The Lights will be open for drive-through traffic from November 24 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/holidaylights

PREVENTION SERVICES

prevention@helpingservices.org

EDUCATION

- Classroom presentations on any substance and problem gambling prevention
- Printed or online services
- 4th–12th grade levels

YOUTH-GROUPS

- Facilitate or assist with youth leadership and peer education groups
- 6th–12th grade levels
- Time ranges based on projects

CURRICULUM-BASED SUPPORT GROUPS

- Facilitate sessions for youth living in adverse situations putting them at higher risk for unhealthy behaviors
- 4th–5th grade levels
- 10–12 sessions (45 min. each)

YOUTH MENTORING

COMMUNITY-BASED

- Youth are connected with adult role models
- Eligible youth (6–16 years) living in Allamakee, Howard, or Winneshiek County
- Matches meet in the community spending 4 hours per month together

SCHOOL-BASED

- One-to-one match
- Meet once per week for 45 minutes to one hour
- For elementary students who need a boost in their life
- Available in select schools

VOLUNTEER OPPORTUNITIES

- Short term and long term options are available
- A fun and exciting way to give back to your school and your community
- Men are especially needed to provide role models for youth

DOMESTIC ABUSE RESOURCE CENTER

DATING VIOLENCE

- Interactive Presentations
 - Healthy/Unhealthy boundaries
 - Red flags and Green flags
- 6th–12th grade levels
- Auditorium or Classroom settings available

TEEN SUPPORT GROUPS

- Student driven
- Accepted safe place for all
- Support navigating all relationship experiences

RESOURCES

- 24/7 Free and Confidential Resource Line for faculty, students, and family
- www.helpingservices.org/chat
- Contact Resource Advocate at **800-383-2988**

Your Life Iowa presentations and resources are available to schools

Contact Mentoring staff: mentoring@helpingservices.org

Additional Resources outside of the school

Helping Services Family Education & Support
has earned the *Iowa Family Support Credential*.



Family Education Facebook Group



Tips, resources and support for caregivers with children age 5 and under. Information provided by Certified Parents As Teachers Educators, through Helping Services for Youth & Families.

October Recognized as Domestic Violence Awareness Month

October is recognized nationally as Domestic Violence Awareness Month, which is symbolized by the color purple. The color purple was chosen because in the United States military, the Purple Heart is presented to those who have been wounded while serving. For survivors of domestic violence, the color is meant to be a symbol of peace, courage, survival, honor and dedication to ending violence. When most people hear the term, "domestic violence" they may think of newsworthy events which include individuals who live in urban areas. On the other hand, it may also hit too close to home through personal experience or through a family member or close friend. That is why the month of October is set aside to remind ourselves and others that domestic violence is present in too many homes, right here in our rural communities and neighborhoods.

When we look at a crowd of people we are not able to distinguish those who might be experiencing violence in their home. That is because violence is not always distinguishable and more often than not survivors suffer in silence due to multiple factors, especially in our rural area. Domestic violence is not associated with the size of an individual's bank account, their employment, education status or background. In fact, the clients we serve at Helping Services' Domestic Abuse Resource Center show that it often affects those we least expect.

At our agency, the Domestic Abuse Resource Center advocacy team was busy organizing activities that highlighted October's Domestic Violence Awareness Month. Last year our staff and volunteers answered 1,522 calls to help survivors in need! In addition to the vital services we provide, we also hold space every month for virtual support groups, facilitated by our trained advocates. ■

If you or someone you know needs assistance or if you are interested in participating in our free Support Group, please call us at 800-383-2988 or chat with us at [HelpingServices.org/chat](https://www.HelpingServices.org/chat).

We are available 24 hours a day, 7 days a week and all of our services are free and confidential.



Photo Credit Kristi Vreeman

Domestic Abuse Resource Center Pantry Needs

Since 2005, the Domestic Abuse Resource Center has offered a food and supply pantry to better serve domestic violence survivors. Economic stability is one of the many important needs a survivor encounters. Items such as gas cards, grocery cards, and basic everyday supplies are an ongoing need for clients in the Resource Center.

The increasing cost of groceries and needed supplies is another hurdle survivors have to overcome. Thanks to the generosity of St. Paul Lutheran Church in Postville for their donation of the spaces for offices and the supply pantry, Helping Services' Domestic Abuse Resource Center advocates are able to provide survivors with needed supplies. The supply pantry consists of non-perishable food items and costly supplies including diapers, laundry detergent, personal hygiene items, paper products, and cleaning supplies. Items are either donated by community-organized donation drives or donors throughout the year.

Donations of this kind are greatly appreciated, not only from Helping Services' Domestic Abuse Resource Center advocates who work with clients but especially for the domestic violence survivors we serve. Survivors can always use help with specific needs like groceries and gas, but with rising costs, this kind of assistance is needed now more than ever. ■



HELPING SERVICES

for Youth & Families

PO Box 372 • Decorah, IA 52101

Update your contact info at info@helpingservices.org

Thank You!

Thank You to the New Hampton Women of Today
for hosting advocates from the Domestic Abuse Resource
to learn about the work happening in New Hampton and
across NE Iowa to better serve survivors of domestic violence.

We are grateful for your hospitality and your generous
donation supporting our work!

Have Fun with Zumbini!

Developed by Zumba and Babyfirst, Zumbini is an early
childhood program that uses original music and move-
ment to promote cognitive, social, fine/gross motor skills,
and emotional development for children ages 0-4, all the
while creating the ultimate bonding experience for the
parent and the child!

Heather Ward, Family Educator at Helping Services for
Youth & Families and a trained Zumbini instructor, leads
you and your little one through a program of dance and
movement. Silliness and wacky dance moves are not
required but highly encouraged. Come experience the
fun with your child!

To find a Zumbini class call 641-220-2239 or visit
helpingservices.org/events



zumbini®

With Ms. Heather

For more information about the Family Education
and Support program call 563-387-1720 or visit
helpingservices.org/family.

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