



Tri-Town Youth Services

56 High St.

Deep River, CT 06417

(860)526-3600

www.tritownys.org

CLINICAL SERVICES

Melanie Meyer, LMFT, provides clinical support for Chester, Deep River, and Essex residents. Low-cost (or no-cost) clinical services at TTYSB are affordable and convenient. TTYSB treatment is intended to be short-term, and Melanie has a great deal of experience working with middle and high school-aged youth. TTYSB also networks with local mental health professionals and provides referrals and recommendations for specialized services or longer-term care, as needed.

PROGRAMS AND SERVICES

Tri-Town Youth Services supports all children, teens, and parents in Chester, Deep River, and Essex. We provide information, resources, and innovative programs to meet the changing needs of local families, including:

- Parent education
- Early childhood playgroups
- Suicide prevention
- Diversionary program
- Adolescent substance abuse prevention
- 4 Wellness Prevention & Mental Health Promotion Program for all Sixth Grade Students
- Afterschool mentoring for elementary schoolchildren using the One Circle Foundation Model
- Teen leadership development at Valley Regional High School

MISSION AND VISION

Tri-Town Youth Services coordinates, develops, and provides services dedicated to promoting the positive growth and development of youth and families in Chester, Deep River, and Essex. Tri-Town Youth Services envisions a community where youth are able to establish strong and positive relationships with family, school, peers, and the community.

DEVELOPMENTAL ASSETS: THE HEART OF OUR WORK

Since 2005, TTYSB has used The Search Institute's Developmental Assets Model to provide positive experiences and promote skills that influence young people's development, helping them become caring, responsible, productive adults and preventing negative behavior and outcomes. Our agency and its Substance Abuse Prevention Coalition work across sectors to build youth assets and address a range of behavioral health issues facing young people while also addressing the needs of those who care for them.



YOU CAN MAKE A DIFFERENCE! JOIN A WORK GROUP. TEENS & ADULTS WELCOME.

EARLY CHILDHOOD COUNCIL

Heighten awareness of the developmental, social-emotional and academic needs of children from birth to five. Provide resources and support to parents, early childhood educators and caregivers. Strengthen partnerships, promote developmental screenings, ensure that preschool is accessible and affordable, and support seamless transitions to kindergarten.

SUICIDE PREVENTION TASK FORCE

Cross-sector task force charged with reviewing State Suicide Prevention Plan, identifying goals to be adopted locally, organize community trainings to include: Mental Health First Aid, Question, Persuade + Refer (QPR), and Postvention Training for key stakeholders (including police, first responders, schools, health districts and mental health providers).

SUBSTANCE ABUSE PREVENTION

Mobilize and empower the community to reduce adolescent substance use through action, education, and collaboration. The goals of the coalition are to: 1) address risk factors and promote protective factors that minimize the risk of substance abuse, and 2) establish and strengthen collaboration among partner organizations to prevent substance use among youth.

COMMITTEE ON RESTORATIVE PRACTICE

Provide resources and training on restorative practices and conflict resolution. Strengthen partnerships between parents, schools, police and TTYSB. Identify best practices for bullying intervention and develop replicable model for addressing root causes. Rebrand and expand the Tri-Town Juvenile Review Board to assist with conflict resolution and repair of harm to relationships, within schools and in the community.

FRIENDS OF TRI-TOWN

Support the agency's community outreach and marketing by spreading the word about programs, services and new initiatives. Engage with residents, businesses, clubs and organizations regularly to strengthen relationships and communication. Plan and execute volunteer recruitment events and fundraisers to support TTYSB and its active committees. New ideas are welcome!

NO PLACE FOR HATE: A DEI WORK GROUP

Work with neighbors, community leaders and trained DEI Facilitators and Coaches to co-create a forum for talking about race. Learn and share the Pacific Education Group's Courageous Conversations Protocol, organize antibias trainings and support local antiracism initiatives which may include: library book clubs, speakers' series, art or mural projects to celebrate diversity, and/or guidance for businesses and boards who want to evaluate their practices or service delivery models.

WELLNESS COMMITTEE

Identify Developmental Asset "deficiencies" from youth survey data and work with community partners to increase assets and protective factors. Support school and community-wide wellness activities and mental health promotion efforts. Advocate for increased access to mental health services, activities that reduce stress and extracurriculars that provide joy and promote wellbeing.



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A LOOK AHEAD AT OUR PROGRAM OFFERINGS FOR THE 2022-2023 SCHOOL YEAR!



GIRL'S EMPOWERMENT GROUP

Girls Empowerment Group is for 5th-grade girls attending elementary schools in Chester, Deep River, and Essex. It's a structured support group integrating resiliency practices through open conversation and creative activities. This program is designed to increase positive connections through personal and collective strengths. Girls Empowerment Group will be offered in the Fall and Spring by Faith Sprigg, our Youth + Community Engagement Program Director.

TAG-IN

Tag-in is a group for 4th-grade boys and girls to connect during their lunch period and will be facilitated by Faith Sprigg. These eight-week sessions are voluntary for students and will focus on peer-to-peer connection, building our internal assets, and regulating our big emotions. This will include some discussion and a fun activity!

4 WELLNESS

4 Wellness is an 8-10 week program for all 6th graders in Deep River, Essex, and Chester that is dedicated to discussing important areas relevant to the health and wellness of adolescents. We cover cyber-safety and citizenship, vaping, developing body, mind, and spirit, and introductions to the negative impacts of tobacco, vapes, marijuana, and alcohol.

PEER ADVOCATES

Peer Advocates is a 7-month-long program facilitated by Valley High School Social Worker Brad Pitman and Tri-Town's Wellness and Prevention Director Melissa Keilty. Student participants learn skills to promote wellness and leadership within the school and broader community. Students are trained in communication, problem-solving, suicide prevention, and other behavioral health topics.

YOUTH ACTION COUNCIL

Youth Action Council is a community-based club at Valley where students design schoolwide events and campaigns that promote a prosocial and healthy school climate. With the aid of our Wellness and Prevention Director Melissa, youth are engaged with evidence-based program development and mentorship.

RAINBOW ALLIANCE

Rainbow Alliance is a community-based GSA providing supportive and affirming social activities for kids ages 10-18 on the LGBTQIA+ spectrum and their peer allies. Rainbow Alliance meets monthly at Tri-Town Youth Services and is facilitated by Sarah Field, GLSEN Trainer, parent and JWMS educator.

WOMEN'S WELLNESS GROUP

Our Women's Wellness Group kicked off in June based on the One Circle Foundation's Women's Circle Model. It offers much more than a support group! It is a space to explore, build skills, and encourage one another to live authentically in mind, body, heart, and spirit. This six-week series takes place one evening a week and will include a topic of discussion and a creative project to accompany further reflection.



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