



2023 ANNUAL REPORT

Innovative programs, clinical services, and connection to resources to meet the changing needs of our local families.

We continue to envision a community where youth are empowered to build *strong + positive relationships* with family, school, peers and the community

2023 accomplishments: ←

<p>Direct Services to 240+ YOUTHS in our community</p>	<p>Tri-Town Weekly Newsletter 11,845 Readers in 2022-2023</p>	<p>Wellness Programs: 4Wellness Girl's Circle Boy's Council Youth Action Council</p>	<p>Social Media Impact 19,898 views</p>	<p>Tri-Town Talks Podcast 3 episodes on Spotify</p>
---	--	--	--	--

PROMOTING WELLNESS & PREVENTING ADDICTION

- ★ **4Wellness 6th Grade Prevention Program**
107 students educated. From January to April, all 6th graders in Region 4 participated in classroom lessons facilitated by Faith Sprigg, Program Director. Lessons included building wellness habits, internet safety and cyber responsibility, maintaining healthy friendships and introductions to the negative impacts of underage drug and alcohol use, with emphasis on vaping.
- ★ **Mental Health Awareness Month**
752 people engaged. This year's focus was on supporting mental health and overall wellness connecting youth and families to resources and tools through social media marketing and newsletter campaigns.
- ★ **Parent Education with Women's Wellness Group**
14 people engaged. This year, we offered two series of Women's Wellness, which supported families in our three towns through parent education and experiential self-care skill building. The benefits of this program positively impact the youth in our community by strengthening families.
- ★ **Peer Advocates Training Program**
14 Valley students trained. Co-facilitated by Brad Pittman, Valley Social Worker and Faith Sprigg, Tri-Town's Program Director. This year-long curriculum covers human development, mental health, listening and communication skills and QPR Suicide Prevention. Students were trained to be accessible sources of support and encouragement to their peers throughout the school year and were connected to opportunities to mentor and co-facilitate groups for younger students.

CLINICAL SERVICES & COMMUNITY-BASED DIVERSION

- ★ We supported our community's healing and social-emotional skills development through education programs and events. Participants reported increased knowledge and skills acquisition, especially around problem-solving, relationship skills (communication and conflict resolution) and stress management. Youth place a high value on having inclusive, confidential groups with their peers. Their feedback and suggestions are incorporated into our youth program and support group designs.
- ★ Due to the on-going behavioral health impacts of the pandemic, TTYSB's Clinical Department carried its largest caseload, providing Counseling Services to youth, including the successful pilot of school-based mental health services at John Winthrop Middle School.

CREATIVE YOUTH PROGRAMMING

- ★ VRHS Peer Advocates
- ★ Girls' Circles and "Tag In" social skills group
- ★ Babysitter Training and Job Bank
- ★ Summer Programs
- ★ TTYSB provided comprehensive Case Management to school avoidant youth and youth referred to the Juvenile Review Board.

Friends Committee

Tri-Town's Board of Directors has established a new committee called the Friends of Tri-Town. The mission of the Friends is to gather supporters of positive youth development and increase engagement in volunteer opportunities with Tri-Town Youth Services. The Friends Committee provides community members with a way to engage and support Tri-Town that we call "Pop-Up Volunteering!" Friends will receive email notifications of upcoming volunteer opportunities and can sign up to help out with raising awareness at events that fit into their schedules. The Friends Committee provides a low-commitment way to give back to your community. Contact info@ttsb.org for more information or to join our village of supportive adults!

VOLUNTEERS + DONATIONS HAD A MAJOR IMPACT IN 2023

Tri-Town provides these programs and services through the support we receive from the towns of Chester, Deep River and Essex, and the generosity of donors and volunteers in this community.

Generativity Award Recipient

December 2022

Each year, Tri-Town Youth Services Board of Directors chooses an individual who has demonstrated an outstanding commitment to youth to receive it's Generativity Award. The term "generativity" was coined by psychologist Erik Erikson to refer to an adult's growing sense of concern for – and commitment to helping – the broader community and the next generation. It is said to stem from a feeling of care for all of humanity. This year's award recipient is **Susan Strecker** in recognition of her longtime commitment to the Tri-Town's Board of Directors as well as the phenomenal contributions she has made to Valley Safe Grad, VRHS Parent Council and Unified Buddies.

Sue brings an optimism to every meeting that she attends, ever hopeful that the right people with right ideas can come

together to create amazing experiences for young people, especially those kids who may feel invisible or that they don't fit in with the crowd. Tri-Town is grateful for Sue's six years of service to our Board of Directors and especially her commitment to keeping school climate and inclusion at the forefront of discussions in Region 4.

We are excited to see what you do next to advance Best Buddies and Unified Sports in our community!



Community Cares Award

June 2023

The Community Cares Award was created by the Tri-Town Youth Services team to honor the unwavering commitment of partnering organizations in Chester, Deep River, and Essex, in supporting the youth and families in our community. In our inaugural year, **Chelbi Wade**, the proprietor of South of Main Art Collective in Deep River, was selected unanimously by our staff. This decision was made in recognition of her dedicated efforts to establish a scholarship fund that ensures arts education is accessible to all young individuals, her active participation in the Community Resource Round Table coalition, and her valuable collaborations in various youth and women's programs."



Tri-Town's Community Collaborations

Tri-Town Youth Services convenes and facilitates many community-wide collaborations, bringing together diverse groups of dedicated partners. Our goal is to work more efficiently and collaboratively to meet the needs of children and families in Deep River, Essex and Chester.

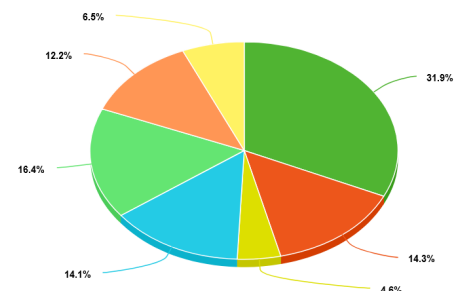
- ★ Substance Use Prevention Coalition
- ★ Suicide Prevention Task Force
- ★ Early Childhood Council
- ★ Community Resources Roundtable

We can all be agents of change.

Visit www.tritownys.org to explore resources for individuals and families and learn how to get involved!

Tri-Town Youth Services FY 2023 Revenue \$351,619

Municipal Contributions \$112,170
ARPA Funds \$50,208
Opioid Settlement \$16,015
State Grant \$49,540
Private/Foundation Grants \$57,721
Individual + Corporate Donations \$42,965
Fees/Other \$23,000





HERE'S A LOOK AT OUR VARIOUS OFFERINGS!

4 WELLNESS

4 Wellness is a 15-week program for all 6th graders in Chester, Deep River, and Essex, that is dedicated to discussing important areas relevant to the health and wellness of adolescents. We cover social skills, conflict resolution strategies, and developing life skills to increase overall positive well-being and prevent the use and misuse of substances.

UNITE + CONNECT

UNITE + CONNECT is a community-based GSA providing supportive and affirming social activities for kids ages 12-17 on the LGBTQIA+ spectrum and their peer allies. UNITE + CONNECT meets the last Monday of the month, from 3 pm to 4:30 pm at Tri-Town Youth Services and is facilitated by Faith Sprigg, a Certified Unity Circle instructor.

YOUTH ACTION COUNCIL

Youth Action Council is a community-based leadership program for students in grades 5 through 8. These ambassadors of Tri-Town Youth Services have the opportunity to become empowered and engaged in an evidence-based process for planning and implementing prosocial and wellness initiatives with an adult coordinator.

PEER ADVOCATES

Peer Advocates is a 7-month-long program facilitated by Valley High School Social Worker Brad Pitman and Tri-Town's Director of Positive Youth Development, Faith Sprigg. 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.

UNITE AT JWMS

UNITE club at John Winthrop Middle School is a once a week afterschool club, which is open to all: LGBTQ+ students, as well as friends and allies. This club is dedicated to promoting respect, and equity for all persons, while inspiring positive change through robust discussion and creative activities! Oh yeah, and there are always snacks!

AFTERSCHOOL PROGRAMS

We offer a variety of evidence-based afterschool programs which are planned based on youth needs. We periodically offer Girls Empowerment Group, Council for Boys, Creative Expression Series, Babysitter Training and Certification, sewing skills, etc. These programs typically occur once a week for 6-8 weeks.



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

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)

*Now offering QPR Suicide Prevention training to organizations in the tri-town Community at no cost, and our trainer will come to you. Email Faith Sprigg at Faith@ttsb.org to set up a training session.



TRI-TOWN LOCAL PREVENTION COALITION

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.

The Tri-Town Local Prevention Coalition identifies Developmental Asset “deficiencies” from youth survey data and works 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 well-being.



FRIENDS OF TRI-TOWN

Friends of Tri-Town have made it their mission to gather supporters of positive youth development and fundraise for critical programs and services while engaging in activities and volunteer opportunities at Tri-Town Youth Services. The Friends Group is also dedicated to creating general awareness and educating the public about the organizational goals.

