



youth
service
bureau

**Better
Choices.
BRIGHTER
FUTURES.**

2015 Annual Report

As the new Executive Director, I'm honored to have stepped into the shoes of Mary Planten-Krell who retired on March 31, 2016. Mary's hard work and legacy will live on, and we are grateful for her service. She's headed into retirement with her husband and the two of them plan to spend time boating and eventually settling on the North Shore.

Throughout 2015, Youth Service Bureau's excellent staff continued to serve youth and families throughout Washington County and surrounding areas. Mike Huntley, our Program Director, explains our philosophy of service and the balance of this annual report will summarize our accomplishments and give you a glimpse of the positive impact our programs and services have on families.

My goal in 2016 and beyond is to build on the four decades of fine work that my predecessors and colleagues at YSB have done. We'll be true to our mission and continue to provide **excellent diversion, counseling, and school-based services** for young people and their families. We also plan to expand our **parent education program**, which is offered in a variety of settings including schools, churches, and businesses, in addition to robust online resources.

A top priority is to continue to **improve our service offerings** to meet the needs of families, while also bringing in new sources of revenue to allow us to expand our reach. We're increasing grant and major gift activity, too, seeking **greater support from individuals, government agencies, and foundations** throughout the St. Croix Valley, in Minneapolis/St. Paul, and beyond. New program offerings are being evaluated and we are **expanding collaborations** with like-minded youth-serving organizations across the region.

We need your continuing support to ensure we can continue serving all the families that need our help! Chemical abuse among adolescents continues to be an ever-growing challenge, as is risky behavior of all types. Keeping families strong, and finding creative, effective ways for youth to enjoy life without taking chances that can ruin lives will remain a YSB priority. Please help by donating to YSB and by promoting the work we do throughout the community.

Thank you!

Bob Sherman
Executive Director

Helping youth and families learn the skills they need to be more successful at home, in school and throughout the community.

Staff

Management Team

Bob Sherman
Executive Director

Anne-Marie Hendrickson
Development Director

Michael Huntley
M.A., LP
Program Director

Youth & Family Therapists

Emily Johnson
M.S.W., LGSW

Rochelle Kruszka
M.A.

Kay Schwebach
M.A. LMFT

Youth Diversion Specialists

Hannah Couch

Naitoh Kai

Chemical Health Specialist

Julia Geigle
M.S.W., LGSW, CPP

Parent Education Coordinator

Sarah Holmboe
M.A.

Administrative Team

Debbie Campbell

Barbara Ohs

Jeanine Olson

Chrissy Sola

How does Early Intervention Apply to Teens?

Mike Huntley, Program Director

YSB, and its counterparts around the country, were created more than 30 years ago to provide early intervention services for youth that may have been labeled as “delinquent” at that time. YSB continues to uphold this valuable tradition of early intervention in all of our work – and **we know it works**. As you will see throughout this annual report, we have fine-tuned a variety of ways to help families learn how to make better decisions which lead to better outcomes, from Diversion Services to Counseling and Parent Education.

Early Intervention is often thought of as a medical, or educational, screening tool used with young children to detect disruptions in development. But early intervention isn’t just for toddlers. At its core, it simply refers to the **early identification of behavioral concerns** and responding to them with strategies for improvement, rather than allowing them to grow or worsen.

At YSB we apply this approach with young people, through the age of 18. But it’s not just the youth that are served. We involve the parents and the whole family when possible, for the most positive outcome. Through this approach **the whole community ultimately benefits**.

As a result, we were honored to receive the Woodbury Chamber of Commerce’s **2015 Nonprofit of the Year** award and we remain committed to continuing to develop and expand our programs and services to help families be successful.

WOODBURY AREA
Chamber
OF COMMERCE
2015 Nonprofit of the Year

In an effort to continue to meet the ever changing needs of the community, we launched a Parent Education program in 2014 which experienced tremendous growth in 2015 and is on track to more than double in 2016. Our experienced staff delivered parenting presentations on a variety of topics at various venues including schools, churches and businesses.

To better address needs of some of our Diversion Program participants, we redesigned some of the awareness classes to make them even more meaningful and effective. And we provided a therapist at the St. Croix Valley Alternative Learning Center who worked with our Chemical Health Specialist to provide early intervention strategies to meet the needs of teens attending that school.

We believe that if young people and their families are provided with **accurate information and effective support**, they can make better choices in their lives – and things will improve. I have worked at YSB for almost three decades, and I see this everyday. I am proud that we continue to provide respectful and high-quality early intervention services to hundreds of families across Washington County and beyond every year.

DIVERSION PROGRAMS

Kids make mistakes. And when they do they need to be held accountable for their behavior. But there are a variety of ways to do that, some more effective than others. YSB's Diversion Program helps **kids learn from their mistakes**, rather than just punishing them. Referrals to the program

often come through law enforcement (as an alternative to the court system), but referrals can be made by anyone who wants to help a teen make better choices; schools, churches, even parents. YSB's Diversion Specialists meet with families to assess the situation and customize a program that will have the most impact on changing the undesirable behavior. Options include awareness programs, community work service and restitution.

"I have learned not to make bad decisions. Every bad choice comes with a consequence." - 16 year old

84%

of youth completing a Diversion Program did not have involvement with law enforcement through Washington County Corrections in the following 12-24 months

Awareness programs are small, interactive classes associated with specific problematic behaviors. By focusing on these specific behaviors, youth and families gain a better understanding of the challenges they face and access to the tools they need to make meaningful change without involving the school district or going to court.

Another option is for the youth to do work in the community to correct a mistake and make amends. YSB believes that **community work service** is a learning opportunity as well as a consequence. We want the kids to remain engaged in the community and so we connect the youth to a service opportunity that will benefit both the youth and the community.

601
youth received
970
services

Early Intervention Really Does Work

Cathy and her father met with a Diversion Specialist for a General Assessment following a theft offense. Following the assessment, Cathy agreed that she would complete an alternative Theft Awareness (TAP) class independently, with a Diversion Specialist, because she was uncomfortable in large groups. She also agreed to work on her public speaking skills so she could present her story to her peers at Young Life, a youth group she attends.

Cathy also agreed to keep a journal throughout the process, which she shared with the Diversion Specialist. The journal revealed that she had, indeed, learned from her mistakes and didn't want to repeat them. She was working diligently on her project for TAP, and her father confirmed that she had learned a valuable lesson. He shared that her attitude and chemical use had all done a 180-degree turnaround since working with YSB.

YOUTH-FOCUSED FAMILY COUNSELING

Families seek our services for a variety of concerns. Our professional therapists work with youth and families to **build on strengths** and provide support, problem-solving skills, and enhanced coping strategies.

In addition, they provide **resources** throughout the community to create ways to resolve immediate problems and prevent future concerns. In 2015 we expanded our reach by offering new **support groups** in schools.

81%

of clients show moderate or significant improvement in behavioral concerns or adaptive functioning

"We found YSB during a time of crisis. Our family was hurting rather than helping one another. With the help of our therapist, we are building a stronger foundation which contains kindness, empathy and respect. YSB is giving our family hope that we will have better days together." - Parent

1772 hours of counseling

PARENT EDUCATION

YSB knows kids...and **we know parents too!** 2015 was the first full year of Parent Education programming and we presented to 31 groups of parents. Presentations occurred in schools, churches, at workplaces, online, and throughout our community. Parents of teens and pre-teens learned **practical tips and tools** to assist them in their role as a parent.

"I just wanted to give you a shout out. They were talking about kids and social media on the Today Show this morning and it was everything I learned from your talk!" - Parent

Parent Ed Topics include:

- Log-On to Social Media
- Tackle Stress and Anxiety
- E-Cigs: More Than Just Nicotine
- When Kids Lose Their Sparkle
- Breaking Down the Buzz
- Guiding Children with Discipline
- and more!

We also built a solid on-line reference library for parents looking for information. Our **online resources** feature articles, tips and tools, fact sheets, and other websites we like aimed at **supporting parents** with practical, research-based information. Weekly parent tips are also shared via social media.

Mostly recently we filmed a three-part **webinar series** called "Log-On to Social Media" to help families find a better balance with social media and digital devices.

2015 FINANCIALS

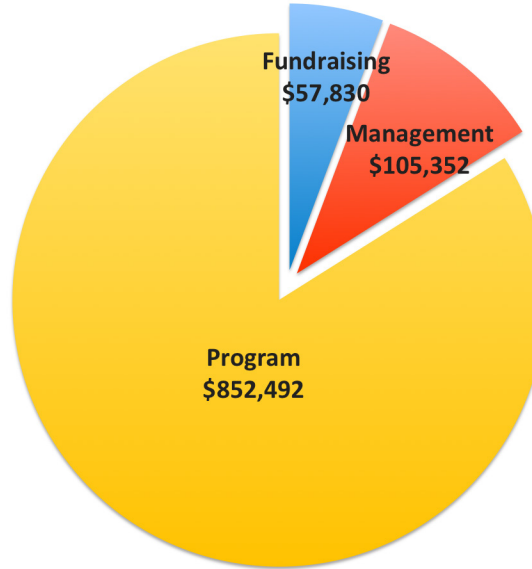
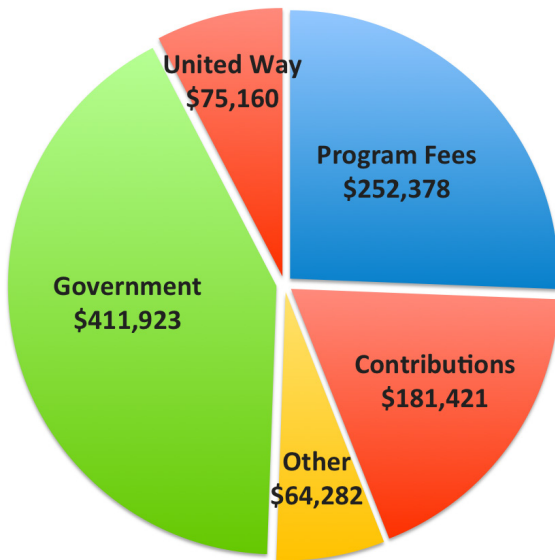
Assets	2015	2014
Current Assets	734,246	771,729
Property & Equipment	43,992	57,964
Other Assets	16,826	17,214
Total Assets	795,064	846,907

Liabilities & Net Assets	2015	2014
Current Liabilities	46,475	67,808
Net Assets	748,589	779,099
Total Liabilities & Net Assets	795,064	846,907

Income & Expense Statement	2015	2014
Grants, Support & Revenue	985,164	1,068,736
Expenses	1,015,674	1,032,965
Change in Net Assets	(30,510)	35,771

Support & Revenue: \$985,164

Total Expenses: \$1,015,674



Board of Directors

Jennifer Wallen
Board President
Director of Contracts & Administration,
ICF International

Dan Heschke
Board Vice President
Information Technology Executive,
Dan Heschke Inc.

Marla Olson
Board Secretary
Retired,
School Psychologist,
Stillwater Area Public Schools

R. Scott Johnson
Board Treasurer
Vice President,
Commercial Banking,
Alliance Bank

Michael Bahma
Site Director,
3M Cottage Grove Plant

Ryan Baldwin
Finance Manager,
Thomson Reuters

Laura Eastman
Chief of Police,
City of Bayport

Rev. Dr. Jules Erickson
Senior Pastor,
All Saints Lutheran Church

Susan Harris
Attorney,
Washington County Attorney's Office -
Juvenile Division

Rachel Larson
Director of Personalized Learning Systems,
Stillwater Area Public Schools

Lee Vague
Director of Public Safety/Police Chief,
Woodbury



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Sign up for our new monthly e-newsletter at YSB.NET

988
new youth served

37%
of referrals were
chemical related

Youth contributed
3125
COMMUNITY
SERVICE hours



youth
service
bureau

**Better Choices.
BRIGHTER FUTURES.**

88% of youth
showed an increased
RESILIENCY
to drugs

71% of youth
report issues **resolved**
or manageable

1651
services
delivered

SUPPORTERS MAKE THIS WORK POSSIBLE EVERY DAY

Businesses

3M Cottage Grove Center
Ahmann Martin and Associated
Bayport Printing House, Inc.
Beanie's at Maui's Landing
Brockman Trucking, Inc.
Eckberg, Lammers, Briggs,
Wolff & Vierling, PLLP
First State Bank & Trust
Foley Kalseim and Company Ltd.
Keefe Commissary Network, LLC
LSP Cottage Grove Cogeneration
Facility
Mutual of America
Thrivent Financial

Churches & Service Clubs

All Saints Lutheran Church
Newport Lutheran Church
Cottage Grove Lions Club
Lake Elmo Jaycees
PineRidge Garden Club
Stillwater Lions Club
Stillwater Noon Rotary Club

Foundations

Andersen Corporate Foundation
Bailey Nurseries Foundation
Carl & Eloise Pohlad Family
Foundation
Casey Albert T. O'Neil Foundation
F. R. Bigelow Foundation
Fred C. and Katherine B. Andersen
Foundation
Hardenbergh Foundation
Hugh J. Andersen Foundation
Joseph C. & Lillian A. Duke
Foundation
Lakeview Foundation
Margaret Rivers Fund
The Hubbard Broadcasting
Foundation
The Saint Paul Foundation

United Way

United Way of St. Croix Valley
United Way Of Washington
County - East

Public Funding

Baytown Township
City of Afton
City of Bayport
City of Cottage Grove
City of Lake Elmo
City of Lake Saint Croix Beach
City of Lakeland
City of Lakeland Shores
City of Newport
City of North Saint Paul
City of Oak Park Heights
City of Saint Mary's Point
City of Saint Paul Park
City of Stillwater
City of Woodbury
May Township
State of Minnesota
Stillwater Area Public Schools
Stillwater Township
Washington County
West Lakeland Township

**And numerous
individual donors!**

Cottage Grove

7064 West Point Douglas Road
#201
Cottage Grove, MN 55016
(651) 458-5224

Stillwater

Washington County
Historic Courthouse
101 West Pine Street
Stillwater, MN 55082
(651) 439-8800

Woodbury

7876 Hudson Road
Suite #1
Woodbury, MN 55125
(651) 735-9534